



# FITLAB



MAY  
5/1/19

3924 Stone Way N.  
Seattle, WA 98103  
(206) 557-4909

	MON	TUES	WED	THUR	FRI	SAT	SUN
6 AM	FITLAB	FITLAB	FITLAB	FITLAB	FITLAB		
7 AM		FITLAB		FITLAB			
8 AM							
9 AM							
10 AM		FITLAB		FITLAB		BOOTCAMP	
12 PM	FITLAB		FITLAB				BOOTCAMP
4 PM	FITLAB	FITLAB	FITLAB	FITLAB	FITLAB		
5 PM	FITLAB	FITLAB	FITLAB	FITLAB	FITLAB		
6 PM	FITLAB	FITLAB	FITLAB	FITLAB			
7 PM	FITLAB	FITLAB	FITLAB	FITLAB			

\*Fitlab Classes are part of the SG & Champion Membership Only

"LIKE" our Facebook page for the latest updates and class info • Questions & Ideas? Contact our Fitness Director Randy at [randy@emeraldcityathletics.com](mailto:randy@emeraldcityathletics.com)



# GROUP X



JUNE  
6/1/19

3924 Stone Way N.  
Seattle, WA 98103  
(206) 557-4909

MON

TUES

WED

THUR

FRI

SAT

SUN

6 AM

VINYASA  
YOGA

SPIN



SPIN

SPIN

FORREST  
HATHA  
YOGA

7 AM

WEEKDAY  
WARRIOR

8 AM

SPIN

9 AM

BARRE

VINYASA  
YOGA

CIRCUIT  
TRAINING

CORE &  
STRETCH

BARRE

HATHA  
YOGA

10 AM

POWER  
YOGA

CIRCUIT  
TRAINING

BOOTCAMP

12 PM

BOOTCAMP

5 PM

HATHA  
YOGA

HIIT

6 PM

OULA  
DANCE

BARRE

BOXING

CIRCUIT  
TRAINING

7 PM

HIP HOP  
POWER YOGA

SPIN

POWER  
YOGA

BARRE

"LIKE" our Facebook page for the latest updates and class info · Questions? Contact our Group X Class Director Katelyn Page at [katelyn@emeraldcityathletics.com](mailto:katelyn@emeraldcityathletics.com)

# CLASS DESCRIPTIONS

**BARRE** · A fusion of yoga, pilates, strength training, and ballet. This full-body, low-impact workout uses isometric movements to target specific muscle groups. Improve your posture, strength, balance, and flexibility. Barefoot class.

**BOOTCAMP** · Improve your cardiovascular strength and endurance with this total-body, military-style workout packed with high intensity moves targeting every muscle group.

**BOXING** · Learn boxing fundamentals with technique-based drills and cardio-conditioning while toning your entire body. Each class provides foundational footwork training, cardio and strength circuit training to keep you mentally and physically sharp.

**CIRCUIT TRAINING** · A “circuit” of short exercises completed in a certain order, repeating the same set once completed, or continuing onto a new circuit building body conditioning, endurance training, and resistance training.

**CORE AND STRETCH** · Core-centered workout. Each ab exercises ends with a short recovery. Target all areas of the core and stretch the areas most athletes find need more flexibility. Prepare for a killer core workout and a good stretch session.

**FORREST® HATHA YOGA** · Designed to specifically heal and strengthen the modern body. This yoga class places a strong emphasis on deep breathing, core connection, and overcoming stiffness or pain in the body.

**HATHA YOGA** · Hatha is a gentle introduction to basic yoga postures. Enjoy this slower moving yoga class as you relax into postures and create a muscle memory of the basics. Leave feeling longer, looser, and more relaxed. Barefoot class.

**HIIT** · High-intensity interval training, uses the technique of quick, intense bursts of exercise followed by short recovery periods. Keep your heart rate up to burn more fat in less time and increase your metabolism

**POWER VINYASA YOGA** · Focused on the flow between postures, Power Yoga strengthens and tones the bigger muscles of the body. Challenge your balance and build the stabilizing muscles of the core. Barefoot class

**SPIN** · Torch calories with high-energy indoor cycling. Use the pedal speed, resistance, and body positions to imitate climbing hills, sprints, or coasting. Arrive early to set up your bike.

**OULA® DANCE** · High-energy dance workout, free of judgement, and designed to make to sweat and smile. Emphasizing fun and all about empowerment, shake your bon bons and burn some calories

**VINYASA YOGA** · Movement is coordinated to the breath in a sequence of poses. A more fluid approach to yoga with smooth transitions and intentional breathing. This practice will be most enjoyed by athletes and runners because of the continuous movements. Barefoot class.

**WEEKDAY WARRIOR** · A total-body, aerobic and strength conditioning workout. This interval-based class combines Circuit Training with full-body strength training and high intensity cardio bursts. Strengthen your body and improve your endurance.