

ECA GROUP X

UPDATED
9/5/19

	MON	TUES	WED	THUR	FRI	SAT	SUN
6AM	VINYASA YOGA HEATHER	SPIN JENNIFER		SPIN JENNIFER	FORREST HATHA YOGA ROSALIE		
8AM						SPIN ERYN	
9AM	BARRE KATRINA	VINYASA YOGA HEATHER	CIRCUIT TRAINING KRIS	POWER YOGA SHEREE	BARRE KRIS	HATHA YOGA BEVERLY	
10AM				CARDIO & CORE SHEREE	CIRCUIT TRAINING KRIS	BOOTCAMP	
12PM							BOOTCAMP
5PM	HATHA YOGA BEVERLY	HIIT ALICIA			BOXING MANNY		
6PM	OULA DANCE EMILY	BARRE KRIS	BOXING MANNY	CIRCUIT TRAINING ALICIA			
7PM		SPIN MORGAN	POWER YOGA KRISTA	BARRE ERIN			

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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 exercise 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.

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 you 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.