



& SCHEDULE



UPDATED
03/10/20

	MON	TUES	WED	THUR	FRI	SAT	SUN
8AM							HATHA FUSION YOGA CHELSIE
9AM	MYOFASCIAL RELEASE ANDREA		YOGA FUSION ANDREA			HATHA FUSION YOGA CHELSIE	
10AM		HRT HEART RATE TRAINING 20 20 20		HRT HEART RATE TRAINING 20 20 20			YOU & ME (10:15-11)
10AM	LOW IMPACT FITNESS JALEN		LOW IMPACT FITNESS JALEN		LOW IMPACT FITNESS JALEN	BOOTCAMP	
11AM							BOOTCAMP
5PM	ZUMBA LESLIE						
5:30	HRT HEART RATE TRAINING 20 20 20		HRT HEART RATE TRAINING 20 20 20				STUDIO KEY HRT HEART RATE TRAINING 20 20 20 LIFE FITNESS MACHINES
6PM		PILATES RACHEL	ZUMBA LESLIE	PILATES RACHEL			GROUP X STUDIO
7PM	YIN YOGA CORRYNE	SPIN KARI	CANDLE LIGHT YOGA CHELSIE	SPIN KARI			CHAMPIONS CLUB STUDIO

Like our Facebook page & download the ECA App for updates and announcements • Questions? Contact Chelsie@emeraldcityathletics.com

CLASS DESCRIPTIONS

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

YOU & ME (Every 3rd Sunday) • Open to members with children aged 7 and up. Enjoy 45 minutes of bonding and fitness fun using our body weight and activities including group circuit training, yoga and breath practice, and perfectly imperfect dance fun. Activities will vary each month.

FUSION YOGA® • A combination of yaga styles wrapped up into one class. Choosing from Yin, Vinyasa, Hatha, Gentle, Ashtanga, Wheel, Chair, Piyo and many more. Each week is different. All levels welcome.

HATHA FUSION YOGA • Hatha fusion is a gentle introduction to basic yoga postures while incorporating a variety of other styles. 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.

YIN YOGA • This is a slow and deep yet gentle practice. This is done primarily on the floor and poses are held for 3-5 minutes using props likes bolsters and blocks to allow gravity to open and stretch joints and muscles. This type of yoga has potential to heal and prevent injuries with a strong focus on hips, lower spine, ligaments and bones.

CANDLELIGHT YOGA • This class is identical to our Hatha Fusion yoga, a bit slower paced with the company of relaxing candle light. (battery operated)

MYOFASCIAL RELEASE • Sustained pressure to help release bound fascia. Helps with muscle pain, tightness, decreased range of motion, headaches, tendonitis, postural deviations and body imbalances. This technique can be uncomfortable in the process, but you will walk away feeling amazing like you just gave yourself a deep tissue massage.

PILATES • Head-to-toe workout. We start with free weights to build strength and use focused movement to challenge our balance and tone our legs. We work our arms, core, back and legs with every move, making Pilates one of the most efficient workout techniques available.

PILATES - YOGA FUSION • A blend of yoga and Pilates movements that strengthens and stretches. It's nonstop movement with a cardiovascular portion that will make you drip sweat! If you are looking to tone your muscles and feel rejuvenated, this is the class for you.

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

ZUMBA® • A fusion of Latin and International music-dance routines that feature interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning.

HEART RATE TRAINING • Heart Rate Training is a 30-minute class designed to take all of the guesswork out of your routine. This is a trainer led workout guiding you through 20 different exercises while monitoring your heart rate to keep you in your optimal fat burning or cardio zone. No matter your fitness level, this class will surely get your heart rate elevated and the results you are looking for. Combining resistance training with an increased heart rate is one of the quickest ways to burn more calories and maintain your results for life!