





































# Group Fitness Menu Milwaukie

**East Side**  
ATHLETIC CLUBS

4606 SE Boardman, Milwaukie, OR 97267  
503-659-3845  
www.EastSideAthleticClub.com

Effective Date April 17, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	 Cycle Express 5:45-6:15am Brian	 Becky		 Becky	 Cycle Express 5:45-6:15am Brian		
8:15-9:15am						 Yoga Laci/Mishell	
8:30-9:30am		H2O-X Barbara		H2O-X Barbara		 Tabata Bootcamp 8:45-9:15am Sharon	
9:00-10:00am	Step & Circuit Sharon	 Sharon	HIIT The Step Sharon	 Steph	 Kellie	H2O Circuit 9:15-10:15am Ashley	
9:15-10:15am		 Pilates Kirsten	 Yoga Tanya	 Pilates Wendi			
9:30-10:30am	H2O-X Kristina		H2O-X Kristina		H2O-X Jenny	 Sharon	 Cycle 60 9:30-10:30am Mike
10:30-11:15am		Silver&Fit® Experience Barbara	ForeverFit Fitness Orientation 11:00-12:00	Silver&Fit® Experience Barbara			 U-JAM™ 11am-Noon Michell/Kirsten
11:30am-12:15pm	ForeverFit Cardio Becky	ForeverFit Yoga Barbara	ForeverFit Cardio Barbara	ForeverFit Yoga Barbara	 Basics Becky		 Pilates Noon-1pm Heidi
12:30-1:15pm	SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		 STRONG <b>NEW</b> 12:15-1pm Steph
2:30-3:30pm	Tai Chi \$ 2-3pm John					Family Swim 2-4:30pm	
4:00-5:30pm	Karate \$ 4-5pm Reed	Tae Kwon Do \$ 4-5pm Mitch	Karate \$ 4-5pm Reed	Tae Kwon Do \$ 4-5pm Mitch			 Supervised Pool Play 1-2pm
5:30-6:00pm	 Tabata Bootcamp Kirsten	 STRONG <b>NEW</b> 5:30-6:15pm Steph	 Tabata Bootcamp Priscilla	Core Connection Steph		<b>Club Hours</b> <b>Monday-Thursday</b> <b>5:00am-10:00pm</b>  <b>Friday</b> <b>5:00am-9:00pm</b>  <b>Saturday</b> <b>8:00am-6:00pm</b>  <b>Sunday</b> <b>9:00am-7:00pm</b>	
6:00-7:00pm		 Youth Power Play Ages 9-12 Becky	 Kid Fit Ages 5-8 Sabrina	 Youth Power Play Ages 9-12 Becky	 Kid Fit Ages 5-8 Jade		
6:05-7:05pm	 Kirsten	 6:15-7:15pm Kellie	 Priscilla	 6:15-7:15pm Kellie	 U-JAM™ Molly		
6:15-7:15pm	 Yoga Buzz Mishell		 Yoga Buzz Betsy				
6:15-7:15pm	Turbo H2O Lisa	 Cycle 6:15-7pm Mishell	Turbo H2O Lisa	 Cycle 6:15-7pm Mishell/Brian	Family Swim 7-8:30pm		
7:00-9:00pm					 Wallyball 7-9pm		

EXEC

LIFESTYLE CLASSES  
FREE for Executive Members

EXEC