



































Group Fitness Menu Milwaukie

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

Effective Date January 9, 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 Tanya/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			NEW
9:30-10:30am	H2O-X Kristina		H2O-X Barbara		H2O-X Jenny	 Sharon	 Cycle Extreme 9:30-10:30am Mike
10:30-11:15am		Silver&Fit® Experience Barbara	ForeverFit Fitness Orientation 11:00-12:00	Silver&Fit® Experience Barbara			
11:30am-12:15pm	ForeverFit Cardio Becky	ForeverFit Yoga Barbara	ForeverFit Cardio Barbara	ForeverFit Yoga Barbara	 Basics Becky		 U-JAM™ 11am-Noon Michell/Kirsten
12:30-1:15pm	SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		 Pilates Noon-1pm Heidi
2:30-3:30pm						Family Swim 2-4:30pm	 Supervised Pool Play 1-2pm
4:00-5:30pm	Karate \$ 4-5pm Reed	Tae Kwon Do \$ 4-5pm Mitch	Karate \$ 4-5pm Reed	Tae Kwon Do \$ 4-5pm Mitch			
5:30-6:00pm	 Tabata Bootcamp Kirsten	Core Connection Sharon	 Tabata Bootcamp Priscilla	Core Connection Stephanie		<p align="center">Club Hours</p> <p align="center">Monday-Thursday 5:00am-10:00pm</p> <p align="center">Friday 5:00am-9:00pm</p> <p align="center">Saturday 8:00am-6:00pm</p> <p align="center">Sunday 9:00am-7:00pm</p>	
6:00-7:00pm		 Youth Power Play Ages 9-12 Steph	 Kid Fit Ages 5-8 Sabrina	 Youth Power Play Ages 9-12 Steph	 Kid Fit Ages 5-8 Jade		
6:05-7:05pm	 Kirsten	 Kellie	 Priscilla	 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 Stephanie	Family Swim 7-8:30pm		
7:00-9:00pm		Tae Kwon Do \$ 8-9pm Mitch		Tae Kwon Do \$ 8-9pm Mitch	 Wallyball 7-9pm		

EXEC

LIFESTYLE CLASSES
FREE for Executive Members

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