

Group Fitness Menu Milwaukie

East Side ATHLETIC CLUBS

Since 1977

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

Effective Date September 18, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Cycle 5:30-6:15am Brian	GROUP X-POWER Becky		GROUP X-POWER Becky	Cycle 5:30-6:15am Brian		
8:15-9:15am						Yoga Savannah	
8:30-9:30am		H2O-X Barbara		H2O-X Barbara		Tabata Step 8:45-9:15am Sharon	
9:00-10:00am	Step Fusion Susie	GROUP X-POWER Sharon	HIIT The Step Sharon	GROUP X-POWER Steph	ZUMBA fitness Kellie		
9:15-10:15am		Pilates Kirsten	Yoga Laci	Pilates Wendi		H2O Circuit Ashley	
9:30-10:30am	H2O-X Kristina		H2O-X Kristina		H2O-X Jenny	GROUP X-POWER Sharon	Pilates 10 - 11am Heidi
10:30-11:15am		ActiveAdult Circuit Barbara	ActiveAdult Fit Orientation 11am-Noon	ActiveAdult Circuit Barbara			U-JAM Fitness 11am-Noon Michell/Tiffany
11:30am-12:15pm	ActiveAdult Cardio Becky	ActiveAdult Yoga Barbara	ActiveAdult Cardio Barbara	ActiveAdult Yoga Barbara	ZUMBA fitness Basics Becky		STRONG 12:15 - 1pm Steph
12:30-1:15pm	SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		
2:30-4:30pm						Family Swim 2 - 4:30pm	
4:00-5:30pm	Karate \$ 4-5pm Reed		Karate \$ 4-5pm Reed				Supervised Pool Play 1-2pm
5:30-6:00pm	Tabata Bootcamp Kirsten	STRONG 5:30-6:15pm Steph	War 30 Becky	Core Connection Steph		Club Hours Monday-Thursday 5:00am-10:00pm Friday 5:00am-9:00pm Saturday 8:00am-6:00pm Sunday 9:00am-7:00pm	
6:00-7:00pm	Kid Fit Ages 5-10 Vince	Youth Power Play Ages 9-12 Becky	Kid Fit Ages 5-10 Vince	Youth Power Play Ages 9-12 Becky	Kid Fit Ages 5-10 Tori		
6:05-7:05pm	GROUP X-POWER Kirsten	ZUMBA fitness 6:15-7:15pm Kellie	GROUP X-POWER Becky	ZUMBA fitness 6:15-7:15pm Kellie	U-JAM Fitness Molly		
6:15-7:15pm	Yoga Mishell		Yoga Betsy				
6:15-7:15pm	Turbo H2O Lisa	Cycle 6:15-7pm Mishell	Turbo H2O Lisa	Cycle 6:15-7pm Erin/Brian	Family Swim 7-8:30pm		
7:00-9:00pm					Wallyball 7-9pm		

EXEC

LIFESTYLE CLASSES
FREE for Executive Members

EXEC