

“NEW”

MOSSA Digital Classes
 4k LED Projector 13 ft screen
 “Milwaukie location only”

East Side



ATHLETIC CLUBS

Since 1977

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:15am	<small>GROUP</small> POWER		<small>GROUP</small> POWER		<small>GROUP</small> ACTIVE		
8:15-9:15am						<small>GROUP</small> CENTERGY	
9:00-10:00am	<small>GROUP</small> ACTIVE	<small>GROUP</small> POWER	<small>GROUP</small> ACTIVE	<small>GROUP</small> POWER	<small>GROUP</small> BLAST	<small>GROUP</small> POWER 9:30-10:30	<small>GROUP</small> CENTERGY
10:00-11:00am	<small>GROUP</small> CENTERGY		<small>GROUP</small> CENTERGY		<small>GROUP</small> groove		<small>GROUP</small> fight
11:00am-12:00pm						<small>GROUP</small> BLAST	<small>GROUP</small> groove
12:00-1:00pm		<small>GROUP</small> ACTIVE		<small>GROUP</small> ACTIVE		<small>GROUP</small> fight	<small>GROUP</small> ACTIVE
5:15-5:45pm	ATHLETE30	<small>GROUP</small> CORE	<small>GROUP</small> fight	<small>GROUP</small> CORE	<small>GROUP</small> BLAST		
6:00-7:00pm	<small>GROUP</small> POWER	<small>GROUP</small> groove	<small>GROUP</small> ACTIVE	<small>GROUP</small> fight	<small>GROUP</small> groove		

All participants must be EXECUTIVE members!

6 Participants maximum per class! MUST reserve your spot up to 48hrs in advance by calling the Milwaukie location at 503-659-3845

Check out our virtual offerings at www.EastSideAthleticClub.com