

Group Fitness Menu

East Side



ATHLETIC CLUBS

Since 1977

Milwaukie:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:15am		ActiveAdult Cardio Becky		ActiveAdult Cardio Becky			
9:00-9:45am	Step Aerobics Susie	Kirsten	Step Aerobics Susie	Stephanie	Step Aerobics Becky		Pilates Heidi
9:30-10:30	Water Aerobics Barabara		Water Aerobics Ally		Water Aerobics Barabara	Tabata Strength 9:30-10:15am Sharon	
11:30am-12:15pm		ActiveAdult Yoga Barbara		ActiveAdult Yoga Barbara			
12:30-1:15pm	SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		
6:00-6:45pm	Kid FITness Ages 5-10	Kid FITness Ages 5-10	Kid FITness Ages 5-10	Kid FITness Ages 5-10			
6:00-6:45pm	Kirsten	Sherry	Cardio & Strength Stephanie	Stephanie			

* Classes are subject to change!

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LIFESTYLE CLASSES
FREE for Executive Members

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