

Group Fitness Menu Milwaukie

East Side ATHLETIC CLUBS

Since 1977

4606 SE Boardman, Milwaukie, OR 97267
503-659-3845

www.EastSideAthleticClub.com

Effective Date January 7th, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	EXEC Cycle 5:30-6:15am Brian	GROUP POWER Becky		GROUP POWER Becky	EXEC Cycle 5:30-6:15am Brian		
8:15-9:15am						EXEC Yoga Sara	
8:30-9:30am		H ² O-X Barbara		H ² O-X Barbara			
9:00-10:00am	Step Fusion Susie	GROUP POWER Sharon	HIIT The Step Sharon	GROUP POWER Susie	EXEC STRONG BY ZUMBA 9:00-9:45am Becky		EXEC Pop Pilates 9:05-10:05 Steph
9:15-10:15am		EXEC Pilates Kirsten	EXEC Yoga Laci	EXEC Pilates Sharon		H ² O Circuit Ashley/Steph	
9:30-10:30am	H ² O-X Jenny		H ² O-X Aily		H ² O-X Jenny	GROUP POWER Sharon	
10:00-11:00am					ZUMBA fitness Becky	EXEC Kid Fit Ages 5-12 9:30-10:30am Jossi	EXEC STRONG BY ZUMBA 10:15-11:15 Steph
10:30-11:15am		EXEC ActiveAdult Circuit Barbara		EXEC ActiveAdult Circuit Barbara			
11:30am-12:15pm	EXEC ActiveAdult Cardio Becky	EXEC ActiveAdult Yoga Barbara	EXEC ActiveAdult Cardio Barbara	EXEC ActiveAdult Yoga Barbara			
12:30-1:15pm	EXEC SilverSneakers® Classic Becky		EXEC SilverSneakers® Classic Becky		EXEC SilverSneakers® Classic Becky		
4:00-5:00pm	Karate \$ 4-5pm Reed	EXEC Pop Pilates 4:30-5:30pm Becky	Karate \$ 4-5pm Reed				EXEC Wallyball 4-6pm
5:30-6:00pm	Step 30 5:30-6pm Kirsten	EXEC STRONG BY ZUMBA 5:30-6:15pm Steph	Step 30 5:30-6pm Steph	EXEC STRONG BY ZUMBA 5:30-6:15pm Steph			
6:00-7:00pm	EXEC Kid Fit Ages 5-12 Vince	EXEC Kid Fit Ages 5-12 Jossi	EXEC Kid Fit Ages 5-12 Vince	EXEC Kid Fit Ages 5-12 Jossi	EXEC Kid Fit Ages 5-12 Grace	Club Hours Monday-Thursday 5:00am-10:00pm Friday 5:00am-9:00pm Saturday 8:00am-6:00pm Sunday 9:00am-7:00pm	
6:05-7:05pm	GROUP POWER 6:05-7:05pm Kirsten	ZUMBA fitness 6:20-7:20pm Sherry	GROUP POWER 6:20-7:20pm Steph	ZUMBA fitness 6:20-7:20pm Melissa	ZUMBA fitness 6:05-7:05pm Jennifer		
6:15-7:15pm	EXEC Yoga Savannah		EXEC Yoga Dawn				
6:15-7:15pm	Turbo H ² O Tina	EXEC Cycle 6:15-7pm Heather	Turbo H ² O Tina	EXEC Cycle 6:15-7pm Edward			
7:00-9:00pm	Karate \$ 7-8pm Reed		Karate \$ 7-8pm Reed		EXEC Wallyball 7-9pm		

EXEC

LIFESTYLE CLASSES
FREE for Executive Members

EXEC