

# Group Fitness Menu Milwaukie

# East Side ATHLETIC CLUBS

Since 1977

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

Effective Date: November 10, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	<b>EXERCISE</b> Cycle 5:30-6:15am Brian	<b>GROUP XPOWER</b> Becky		<b>GROUP XPOWER</b> Priscilla/Steph	<b>EXERCISE</b> Cycle 5:30-6:15am Brian		
8:15-9:15am						<b>EXERCISE</b> Yoga Sara	
8:30-9:30am		H <sup>2</sup> O-X Barbara		H <sup>2</sup> O-X Barbara			
9:00-10:00am	Step Fusion Susie	<b>GROUP XPOWER</b> Sharon	HIIT The Step Sharon	<b>GROUP XPOWER</b> Priscilla/Steph	<b>EXERCISE</b> <b>STRONG</b> "ZUMBA" 9:00-9:45am Becky		<b>EXERCISE</b> Pop  Pilates 9:05-10:05am Steph <b>NEW</b>
9:15-10:15am		<b>EXERCISE</b> Pilates Kirsten	<b>EXERCISE</b> Yoga Laci	<b>EXERCISE</b> Pilates Sharon/Dawn		H <sup>2</sup> O Circuit Ashley/Steph	
9:30-10:30am	H <sup>2</sup> O-X Jenny		H <sup>2</sup> O-X Aily		H <sup>2</sup> O-X Jenny	<b>GROUP XPOWER</b> Sharon	
10:00-11:00am					ZUMBA fitness Becky		<b>EXERCISE</b> <b>STRONG</b> "ZUMBA" 10:15-11:15am Steph
10:30-11:15am		<sup>2</sup> ActiveAdult Circuit Barbara	<sup>2</sup> ActiveAdult Orientation 11am-Noon	<sup>2</sup> ActiveAdult Circuit Barbara			
11:30am-12:15pm	<sup>2</sup> ActiveAdult Cardio Becky	<sup>2</sup> ActiveAdult Yoga Barbara	<sup>2</sup> ActiveAdult Cardio Barbara	<sup>2</sup> ActiveAdult Yoga Barbara			
12:30-1:15pm	SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		SilverSneakers® Classic Becky		
4:00-5:00pm	Karate \$ 4-5pm Reed		Karate \$ 4-5pm Reed				<b>EXERCISE</b> Wallyball 4-6pm
5:30-6:00pm	<b>EXERCISE</b> Sport 30 5:30-6pm Kirsten <b>NEW</b>	<b>EXERCISE</b> <b>STRONG</b> "ZUMBA" 5:30-6:15pm Steph	<b>EXERCISE</b> Sport 30 5:30-6pm Becky <b>NEW</b>	<b>EXERCISE</b> <b>STRONG</b> "ZUMBA" 5:30-6:15pm Steph			
6:00-7:00pm	<b>EXERCISE</b> Kid Fit Ages 5-12 Grace	<b>EXERCISE</b> Kid Fit Ages 5-12 Jossi	<b>EXERCISE</b> Kid Fit Ages 5-12 Vince	<b>EXERCISE</b> Kid Fit Ages 5-12 Vince	<b>EXERCISE</b> Kid Fit Ages 5-12 Grace	<b>Club Hours</b>  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	<b>GROUP XPOWER</b> 6:05-7:05pm Kirsten	ZUMBA fitness 6:20-7:20pm Sherry	<b>GROUP XPOWER</b> 6:05-7:05pm Becky	ZUMBA fitness 6:20-7:20pm Melissa	<b>EXERCISE</b> <b>U-JAM</b> Fitness 6:05-7:05pm Molly		
6:15-7:15pm	<b>EXERCISE</b> Yoga Savannah	<b>EXERCISE</b> Pop  Pilates Becky <b>NEW</b>	<b>EXERCISE</b> Yoga Betsy				
6:15-7:15pm	Turbo H <sup>2</sup> O Lisa	<b>EXERCISE</b> Cycle 6:15-7pm Heather	Turbo H <sup>2</sup> O Lisa	<b>EXERCISE</b> Cycle 6:15-7pm Edward			
7:00-9:00pm	Karate \$ 7-8pm Reed		Karate \$ 7-8pm Reed		<b>EXERCISE</b> Wallyball 7-9pm		

**EXERCISE** LIFESTYLE CLASSES  
FREE for Executive Members **EXERCISE**