

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 9th, 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		Water Exercise Barbara		Water Exercise 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			
9:15-10:15am		EXEC Pilates Kirsten	EXEC Yoga Fit Becky	EXEC Pilates Sharon		Water Circuit Ashley/Steph	EXEC Pilates Heidi NEW	
9:30-10:30am	Water Exercise Jenny		Water Exercise Aily		Water Exercise Jenny	GROUP POWER Sharon	EXEC STRONG BY ZUMBA Heather	
10:00-11:00am					ZUMBA fitness Becky	EXEC Kid Fit Ages 5-12 9:30-10:30am Jossi		
10:30-11:15am		EXEC ActiveAdult Circuit Barbara A2		EXEC ActiveAdult Circuit Barbara A2				
11:30am-12:15pm	EXEC ActiveAdult Cardio Becky A2	EXEC ActiveAdult Yoga Barbara A2	EXEC ActiveAdult Cardio Barbara A2	EXEC ActiveAdult Yoga Barbara A2				
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 Pop ♥ Pilates 4:30-5:30pm Becky			EXEC Wallyball 4-6pm	
5:30-6:00pm	Step 30 5:30-6pm Kirsten	EXEC STRONG BY ZUMBA 5:30-6:15pm Aubrey	Step 30 5:30-6pm Becky	EXEC STRONG BY ZUMBA 5:30-6:15pm Heather		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	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			
6:05-7:05pm	GROUP POWER 6:05-7:05pm Kirsten	ZUMBA fitness 6:20-7:20pm Sherry	GROUP POWER 6:05-7:05pm Steph	ZUMBA fitness 6:20-7:20pm Melissa	ZUMBA fitness 6:05-7:05pm Jennifer			
6:15-7:15pm	EXEC Yoga Sara		EXEC Yoga Dawn					
6:15-7:15pm	Water Exercise Tina	EXEC Cycle 6:15-7pm Heather NEW	Water Exercise Lisa	EXEC Cycle 6:15-7pm Edward NEW				
7:00-9:00pm	Karate \$ 7-8pm Reed		Karate \$ 7-8pm Reed		EXEC Wallyball 7-9pm			

EXEC

LIFESTYLE CLASSES
FREE for Executive Members

EXEC