

# 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	<b>EXEC</b> Cycle 5:30-6:15am Brian	<b>GROUP POWER</b> Becky		<b>GROUP POWER</b> Becky	<b>EXEC</b> Cycle 5:30-6:15am Brian		
8:15-9:15am						<b>EXEC</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 POWER</b> Sharon	HIIT The Step Sharon	<b>GROUP POWER</b> Susie	<b>EXEC</b> <b>STRONG</b> "ZUMBA" 9:00-9:45am Becky		<b>EXEC</b> Pop  Pilates 9:05-10:05 Steph
9:15-10:15am		<b>EXEC</b> Pilates Kirsten	<b>EXEC</b> Yoga Laci	<b>EXEC</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 POWER</b> Sharon	
10:00-11:00am					ZUMBA fitness Becky		<b>EXEC</b> <b>STRONG</b> "ZUMBA" 10:15-11:15 Steph
10:30-11:15am		<b>EXEC</b> ActiveAdult Circuit Barbara		<b>EXEC</b> ActiveAdult Circuit Barbara			
11:30am-12:15pm	<b>EXEC</b> ActiveAdult Cardio Becky	<b>EXEC</b> ActiveAdult Yoga Barbara	<b>EXEC</b> ActiveAdult Cardio Barbara	<b>EXEC</b> ActiveAdult Yoga Barbara			
12:30-1:15pm	<b>EXEC</b> SilverSneakers® Classic Becky		<b>EXEC</b> SilverSneakers® Classic Becky		<b>EXEC</b> SilverSneakers® Classic Becky		
4:00-5:00pm	Karate \$ 4-5pm Reed	<b>EXEC</b> Pop  Pilates 4:30-5:30pm Becky <b>NEW</b>	Karate \$ 4-5pm Reed				<b>EXEC</b> Wallyball 4-6pm
5:30-6:00pm	Step 30 5:30-6pm Kirsten <b>NEW</b>	<b>EXEC</b> <b>STRONG</b> "ZUMBA" 5:30-6:15pm Steph <b>NEW</b>	Step 30 5:30-6pm Steph <b>NEW</b>	<b>EXEC</b> <b>STRONG</b> "ZUMBA" 5:30-6:15pm Steph <b>NEW</b>			
6:00-7:00pm	<b>EXEC</b> Kid Fit Ages 5-12 Grace	<b>EXEC</b> Kid Fit Ages 5-12 Jossi	<b>EXEC</b> Kid Fit Ages 5-12 Vince	<b>EXEC</b> Kid Fit Ages 5-12 Vince	<b>EXEC</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 POWER</b> 6:05-7:05pm Kirsten	ZUMBA fitness 6:20-7:20pm Sherry	<b>GROUP POWER</b> 6:05-7:05pm Steph	ZUMBA fitness 6:20-7:20pm Melissa	ZUMBA fitness 6:05-7:05pm Jennifer		
6:15-7:15pm	<b>EXEC</b> Yoga Savannah		<b>EXEC</b> Yoga Dawn				
6:15-7:15pm	Turbo H <sup>2</sup> O Amanda	<b>EXEC</b> Cycle 6:15-7pm Heather	Turbo H <sup>2</sup> O Tina	<b>EXEC</b> Cycle 6:15-7pm Edward			
7:00-9:00pm	Karate \$ 7-8pm Reed		Karate \$ 7-8pm Reed		<b>EXEC</b> Wallyball 7-9pm		

**EXEC** LIFESTYLE CLASSES  
FREE for Executive Members **EXEC**