



eastside
community center

PARKS
TACOMA

Eastside Community Center Fitness Schedule July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch & Stability 10:00am- 11:00am Instructor: Chris Room: Exercise	Stretch & Stability 10:00am-11:00am Instructor: Chris Room: Exercise	SAIL 1.0 10:30am - 11:30am Instructor: Jennie Room: Exercise	Stretch & Stability 10:00am- 11:00am Instructor: Chris Room: Exercise	Stretch & Stability 10:00am- 11:00am Instructor: Chris Room: Exercise
SAIL 10:30am- 11:30am Instructor: Claudia Room: Walking Track	Pilates 11:00am- 12:00pm Instructor: Chris Room: Exercise		Pilates 11:00am- 12:00pm Instructor: Chris Room: Exercise	SAIL 10:30am- 11:30am Instructor: Claudia Room: Walking Track
Pilates 11:00am- 12:00pm Instructor: Chris Room: Exercise	Commit 6:00pm- 7:00pm Instructor: Toya Room: Exercise			Pilates 11:00am- 12:00pm Instructor: Chris Room: Exercise

Eastside Center Hours

Monday-Friday: 8:00am-8:00pm
Saturday: 9:00am-3:00pm
Sun: Closed

Center Information

1721 E 56th St
Tacoma, WA 98404
253-404-3990

Fitness Alerts QR Code



See class description on opposite page.



Group Exercise Class Descriptions

Commit: Dance fitness is a great way to get in a workout without having to plan. It is for all ages and fitness levels. Commit makes muscle building, cardio, and sculpting easy by providing a balanced workout set to music. Commit classes are a great way to reach your health goals while having fun!

SAIL: Stay Active and Independent for Life! Proven to prevent falls. Focus on strength, balance, and stamina. "Increase muscle strength and range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness.

SAIL 1.0: A general SAIL class composed of low impact cardiovascular exercises for 18-20 minutes, followed by 15-20 minutes of both static and dynamic balance practice and ending with 18-20 minutes of strength training. A short warm-up, cool-down and educational minutes are worked into each class meeting.

Stretch & Stability: This class elongates, stretches, and strengthens muscle groups through slow and controlled exercises. All levels are welcome.

Pilates: Gain strength and confidence with this class. All levels are welcome. This is challenging but also accessible if you're new to Pilates. You'll leave class feeling relaxed and rejuvenated!

*** Classes are subject to change. Please check Fitness Alerts Page for class updates and changes that might occur or connect with a fitness employee for more information about classes or questions at mptfitness@tacomaparks.com. Thank you!