






































Group Fitness Menu Clackamas

East Side ATHLETIC CLUBS

Since 1977

9100 SE Sunnyside, Clackamas, OR 97015
503-659-3846
www.EastSideAthleticClub.com

Effective Date: April 2nd, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	 Cycle Sara 5:30-6:15am	 LaRae	 Cycle 60 Daryl	 LaRae			
6:30-7:00am			Abs & Back Donna				
7:45-8:30am	 SilverSneakers® Classic Barbara	 ActiveAdult Yoga Roxie	 ActiveAdult Strength Donna	 SilverSneakers® Classic Roxie	 ActiveAdult Yoga Barbara/Donna	 8:10-9:10am Christina/LaRae	
9:00-10:00am		H2O Exercise Jenny		H2O Exercise Kimberlie		H2O Exercise Rotation	
9:15-10:15am	Body BLAST Kirsten	 Susie	 STRONG Becky	 Kirsten	HIIT the Step Rachel	 Tracy Kid Fit Ages 5-10 Izabel	 Cycle PnP Mike
10:30-11:30am	H2O Exercise Carol		H2O Exercise Carol		H2O Exercise Carol		
10:30-11:30am	 Pilates Wendi	 Lisa	 Pilates Wendi	 Nicole	 Yoga Laci		 Yoga Ron
11:45-12:30pm		 ActiveAdult Cardio LaRae		 ActiveAdult Cardio LaRae			
12:45-1:30pm	 ActiveAdult Strength Donna	 Tabata-Lite LaRae NEW	 ActiveAdult Strength Donna	 Tabata-Lite LaRae NEW	 ActiveAdult Strength Donna	Family Swim 1-3pm	Family Swim 12:30-4:30pm
4:30-5:15pm		 Kid Fit Express Ages 5-10 Miss O		 Kid Fit Express Ages 5-10 Miss O		Club Hours Monday-Thursday 5:15am-9:30pm Friday 5:15am-9:00pm Saturday 7:00am-5:00pm Sunday 9:00am-7:00pm	
5:30-6:00pm	Body BLAST 30 James	HIIT Christina	Body BLAST 30 Kirsten	HIIT Christina			
6:05-7:05pm	 Melissa	 Christina	 U-JAM™ Kirsten	 Christina			
6:15-7:15pm		Cardio Splash Jenny		Cardio Splash Lisa	 Pool Play 6:30-7:30pm		
7:15-8:15pm		 Yoga Savannah	\$ Youth Tae Kwon Do	 Yoga Emily			

EXEC

LIFESTYLE CLASSES
FREE for Executive Members

EXEC