



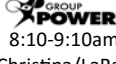
























Group Fitness Menu Clackamas

East Side
ATHLETIC CLUBS

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

Effective Date April 17, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	 Cycle Sara 5:30-6:15am	 LaRae	 Cycle 60 Daryl	 LaRae			
6:00-6:30am							
6:30-7:00am			Abs & Back Donna				
7:45-8:30am	ForeverFit Strength Barbara	ForeverFit Yoga Roxie	ForeverFit Strength Donna	SilverSneakers® Classic Roxie	ForeverFit Yoga Barbara/Donna	 8:10-9:10am Christina/LaRae	
9:05-10:05am		H2O Exercise Jenny		H2O Exercise Kirsten		H2O Exercise Rotation	
9:15-10:15am	Cardio Camp Priscilla	 Susie	Cardio Camp Jena	 Sharon	HIIT the Step Kirsten	 Tracy  Kid Fit Ages 5-9 Izabel	 Cycle 9:15-10am Mishell
10:30-11:30am	H2O Exercise Carol		H2O Exercise Carol		H2O Exercise Carol	\$ Youth Tae Kwon Do	
10:30-11:30am	 Pilates Wendi	 Lisa	 Pilates Wendi	 Kellie	 Yoga Laci		 Yoga Ron
11:45-12:30pm		Silver&Fit® Experience Larry		Silver&Fit® Experience Larry			
12:45-1:30pm	ForeverFit Strength Donna	SilverSneakers® Classic Larry	ForeverFit Strength Donna	ForeverFit Strength Larry	ForeverFit Strength Donna	Family Swim 1-3pm	Family Swim 12:30-4:30pm
4:30-5:15pm		 Kid Fit Express Ages 5-9 Miss O		 Kid Fit Express Ages 5-9 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 Mark	HIIT Christina	Body BLAST Mark	HIIT Christina			
6:05-7:05pm	 Melissa	 Christina	 U-JAM™ Fitness Robert	 Christina			
6:15-7:15pm		Cardio Splash Jenny		Cardio Splash Kirsten	 Supervised Pool Play 6:30-7:30pm		
7:15-8:15pm	 Cycle 7:15-8pm Erin	 Yoga Laci	 Cycle 60 Mike	 Yoga Fusion Emily			

EXEC

LIFESTYLE CLASSES
FREE for Executive Members

EXEC