

# Group Fitness Menu Clackamas



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

Effective Date January 9, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Cycle Sara 5:30-6:15am	LaRae	Cycle Extreme 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		<b>Club Hours</b> <b>Monday-Thursday</b> <b>5:15am-9:30pm</b>  <b>Friday</b> <b>5:15am-9:00pm</b>  <b>Saturday</b> <b>7:00am-5:00pm</b>  <b>Sunday</b> <b>9:00am-7:00pm</b>	
5:30-6:00pm	Core Connection Mark	HIIT Christina	Core Connection 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 Brooke	Cycle Extreme Mike <b>NEW</b>	Yoga Fusion Emily <b>NEW</b>			

**EXEC**

LIFESTYLE CLASSES  
FREE for Executive Members

**EXEC**