









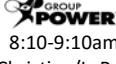



























# Group Fitness Menu Clackamas

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

# East Side ATHLETIC CLUBS

Since 1977

Effective Date September 18, 2017

	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	 ActiveAdult Strength 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 Lisa		H2O Exercise Rotation	
9:15-10:15am	Cardio Camp Kirsten	 Susie	Cardio Camp Jena	 Kirsten	HIIT the Step Rachel	 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		
10:30-11:30am	 Pilates Wendi	 Lisa	 Pilates Wendi	 Nicole	 Yoga Laci		 Yoga Ron
11:45-12:30pm		 ActiveAdult Circuit Larry		 ActiveAdult Circuit Larry			
12:45-1:30pm	 ActiveAdult Strength Donna	SilverSneakers® Classic Larry	 ActiveAdult Strength Donna	 ActiveAdult Strength Larry	 ActiveAdult 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		<p><b>Club Hours</b> Monday-Thursday 5:15am-9:30pm Friday 5:15am-9:00pm Saturday 7:00am-5:00pm Sunday 9:00am-7:00pm</p>	
5:30-6:00pm	Body BLAST Mark	HIIT Christina	Body BLAST Mark	HIIT Christina			
6:05-7:05pm	 Melissa	 Christina	 U-JAM™ Fitness Kirsten	 Christina			
6:15-7:15pm		Cardio Splash Jenny		Cardio Splash Lisa			
7:15-8:15pm	 Cycle 60 Mike	 Yoga Savannah	 Youth Tae Kwon Do	 Yoga Emily			

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