

Group Fitness Menu














East Side



ATHLETIC CLUBS

Since 1977

Clackamas:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45-8:30am	EXECUTIVE SilverSneakers® Classic Barbara 	EXECUTIVE ActiveAdult Yoga Roxie 	EXECUTIVE ActiveAdult Strength Donna 	EXECUTIVE SilverSneakers® Classic Roxie 	EXECUTIVE ActiveAdult Yoga Barb/Donna 	 8:15-9:00am LaRae	
9:15-10:00am	Body BLAST Kirsten	 Susie	EXECUTIVE Pilates Kirsten	 Nicole	EXECUTIVE Yoga Betsy	 9:30-10:15am Tracy	EXECUTIVE Yoga 10:30-11:15 Shannon
10:30-11:30am	EXECUTIVE Water Aerobics		EXECUTIVE Water Aerobics		EXECUTIVE Water Aerobics		
11:45-12:30pm		EXECUTIVE ActiveAdult Cardio LaRae 		EXECUTIVE ActiveAdult Cardio LaRae 			
12:45-1:30pm	EXECUTIVE ActiveAdult Strength Donna 		EXECUTIVE ActiveAdult Strength Donna 		EXECUTIVE ActiveAdult Strength Donna 		
6:00-6:45pm	 Jennifer		EXECUTIVE Yoga Shannon				
6:00-6:45pm	EXECUTIVE Kid FITNESS Ages 5-10 James						

* Classes are subject to change!

EXECUTIVE

LIFESTYLE CLASSES
FREE for Executive Members

EXECUTIVE