



























Group Fitness Menu Clackamas

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

Effective Date January 11, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30-6:30am		 LaRae	 Cycle Extreme Daryl	 LaRae				
6:00-6:30am	Core Connection Becky							
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		
9:00-10:00am		H2O Exercise Jenny		H2O Exercise Kirsten		H2O Exercise Rotation		
9:15-10:15am	Cardio Camp Sydney	 Susie	Cardio Camp Jena	 Sharon	HIIT the Step Kirsten	 Tracy  Kid Fit Ages 5-9 Izabel	 Cycle 9:15-10am Mishell	
10:00-11:00am	NCAP H2O Exercise ≈ Carol ≈		NCAP H2O Exercise ≈ Carol ≈		NCAP H2O Exercise ≈ Carol ≈			
10:30-11:30am	 Pilates Wendi	 Lisa	 Pilates Wendi	 Kellie	 Yoga Ron		 Yoga Ron	
11:45-12:30pm		Silver&Fit® Experience Larry		Silver&Fit® Experience Larry		\$ Ballroom Dance 12:30-2:30pm		
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	
4:55-5:25pm		 Kid Fit Express Ages 5-9 4:30-5:15pm	 Cycle Express Patrick	 Kid Fit Express Ages 5-9 4:30-5:15pm		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	Core Connection Mark	HIIT Christina	Core Connection Patrick	HIIT Christina				
6:05-7:05pm	 Melissa	 Christina	 U-JAM™ Fitness Robert	 Christina				
6:15-7:15pm		Cardio Splash Jenny		Cardio Splash Kirsten	 Pool Play 6:30-7:30pm			
7:10-8:10pm	 Yoga Brenda	 Cycle 7:15-8pm Sara	 Yoga Mishell	\$ Youth Tae Kwon Do 7:15-8:45pm				

≈ = Class AT North
Clackamas Aquatic Park

EXEC

LIFESTYLE CLASSES
FREE for Executive Members

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