

Group Fitness Menu Clackamas

East Side ATHLETIC CLUBS

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

Since 1977

Effective Date: January 7th, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	EXERCISE Cycle 45 Sara NEW	GROUP POWER LaRae	EXERCISE Cycle 60 Daryl	GROUP POWER LaRae			
6:30-7:00am			Abs & Back Donna				
7:45-8:30am	EXERCISE SilverSneakers® Classic Barbara A2	EXERCISE ActiveAdult Yoga Roxie A2	EXERCISE ActiveAdult Strength Donna A2	EXERCISE SilverSneakers® Classic Roxie A2	EXERCISE ActiveAdult Yoga Barbara/ Donna A2	GROUP POWER 8:10-9:10am Christina/LaRae	
9:00-10:00am		H ² O Exercise Jenny		H ² O Exercise Kris		H ² O Exercise Rotation	
9:15-10:15am	Body BLAST Kirsten	GROUP POWER Susie	EXERCISE STRONG BY ZUMBA Becky	GROUP POWER Kirsten	HIIT the Step Rachel	EXERCISE ZUMBA fitness Tracy Kid Fit Ages 5-10 Izabel	EXERCISE Cycle PnP Mike
10:30-11:30am	H ² O Exercise Carol		H ² O Exercise Carol		H ² O Exercise Carol		
10:30-11:30am	EXERCISE Pilates Wendi	ZUMBA fitness Aubrey	EXERCISE Pilates Wendi	ZUMBA fitness Nicole	EXERCISE Yoga Laci		EXERCISE Yoga Shannon
11:45-12:30pm		EXERCISE ActiveAdult Cardio LaRae A2		EXERCISE ActiveAdult Cardio LaRae A2			
12:45-1:30pm	EXERCISE ActiveAdult Strength Donna A2	NEW Triple 15 LaRae	EXERCISE ActiveAdult Strength Donna A2	NEW Triple 15 LaRae	EXERCISE ActiveAdult Strength Donna A2	Family Swim 1-3pm	Family Swim 12:30-4:30pm
4:30-5:15pm	EXERCISE Kid Fit Express Ages 5-10 James		EXERCISE Kid Fit Express Ages 5-10 James			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 30 James	HIIT Kirsten	Body BLAST 30 James	HIIT Christina			
6:05-7:05pm	ZUMBA fitness Melissa	GROUP POWER Kirsten	EXERCISE Yoga Emily	GROUP POWER Christina			
6:15-7:15pm		H ² O Exercise Jenny		H ² O Exercise Amanda			
7:15-8:15pm			Youth Tae Kwon Do \$				

EXERCISE

LIFESTYLE CLASSES
FREE for Executive Members

EXERCISE