



































Group Fitness Menu Clackamas

East Side ATHLETIC CLUBS

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

Since 1977

Effective Date: September 17th, 2018

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

EXEC

LIFESTYLE CLASSES
FREE for Executive Members

EXEC