

# Group Fitness Menu Clackamas

# East Side ATHLETIC CLUBS

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

Since 1977

Effective Date: April 1st, 2019

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

**EXERCISE**

LIFESTYLE CLASSES  
FREE for Executive Members

**EXERCISE**