

August							PILATES - SMALL GROUP CLASSES							THE CLAREMONT CLUB 1777 MONTE VISTA AVE. CLAREMONT, CA 91711 909-625-6791						
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY								
		7:30-8:30 AM <b>ATHLETIC</b> LANDAN				7:30-8:30 AM <b>ATHLETIC</b> LANDAN		6:00-7:00 AM <b>EARLY BURN</b> LANDAN		8:00AM-8:30AM <b>ESSENTIAL</b> PAIGE		8:15-9:15 AM <b>ATHLETIC</b> DARE								
9:00-10:00 AM <b>ATHLETIC</b> LANDAN		8:00-8:30 AM <b>INTERMEDIATE</b> ANTIONETTE		8:30-9:30 AM <b>INTERMEDIATE</b> DARE		8:00-8:30 AM <b>INTERMEDIATE</b> ANTIONETTE		8:00-8:30 AM <b>HAPPY (HALF) HOUR</b> LANDAN		8:30AM-9:30AM <b>BEGINNER</b> CECILIA		10:30-11:30 AM <b>INTERMEDIATE/ADVANCED</b> SARAH S.								
10:00-11:00AM <b>INTERMEDIATE/ADVANCED</b> MICHELE		8:30-9:00 AM <b>RESTORATIVE</b> SARA W.		8:30-9:00 AM <b>ESSENTIAL</b> LANDAN		8:30-9:00 AM <b>RESTORATIVE</b> SARA W.				9:30AM-10:00AM <b>BEGINNER</b> CECILIA		12:00-1:00 PM <b>POWER PILATES H2O</b> DARE								
		9:00-9:30 AM <b>HAPPY (HALF) HOUR</b> SARA W.				9:00-9:30AM <b>INTERMEDIATE</b> SARA W		9:30-10:30 AM <b>ATHLETIC</b> DARE		9:00-10:00 AM <b>INTERMEDIATE</b> PAIGE										
11:00-11:30AM <b>ESSENTIAL/INTERMEDIATE</b> MICHELE		10:30-11:00 AM <b>INTERMEDIATE</b> SARA W.		9:30-10:30 AM <b>ATHLETIC</b> SARA W.		9:30-10:30 AM <b>INTERMEDIATE/ADVANCED</b> SARA W.		11:30AM-12:00PM <b>HAPPY HIPS</b> DARE		10:00-10:30AM <b>HAPPY (HALF) HOUR</b> PAIGE										
		11:00 AM-12:00 PM <b>INTERMEDIATE</b> MICHELE		10:30AM-11:00AM <b>ESSENTIAL</b> DARE		10:30-11:00 AM <b>INTERMEDIATE</b> SARA W.														
						11:30-12:00 PM <b>BEGINNER/ESSENTIAL</b> BRITNEY		1:00-2:00PM <b>ESSENTIAL</b> DARE												
12:00-1:00PM <b>INTERMEDIATE</b> SARAH S.				11:00AM-11:30AM <b>HAPPY HIPS</b> DARE																
		5:00-6:00PM <b>ESSENTIAL/INTERMEDIATE</b> DARE				4:00-4:30 PM <b>ESSENTIAL</b> DARE														
				5:00-6:00PM <b>ESSENTIAL/INTERMEDIATE</b> PAIGE																
5:00-6:00 PM <b>INTERMEDIATE/ADVANCED</b> MICHELE				6:00-6:30PM <b>HAPPY (HALF) HOUR</b> PAIGE		5:00-5:30 PM <b>ESSENTIAL</b> DARE														
		6:00-7:00 PM <b>ATHLETIC</b> DARE				5:30-6:00PM <b>HAPPY HIPS</b> DARE														
		7:00-7:30 PM <b>ESSENTIAL</b> DARE		7:00-8:00 PM <b>INTERMEDIATE</b> PAIGE		6:00-7:00 PM <b>ATHLETIC</b> DARE														
						7:00-7:30 PM <b>ESSENTIAL</b> DARE														

**ALL CLASSES ARE LOCATED IN THE PILATES STUDIO**

**PRICING STARTS AT \$27/CLASS. PREFERRED PRICING AVAILABLE THROUGH PURCHASE OF A PACKAGE. PLEASE EMAIL [PILATES@CLAREMONTCLUB.COM](mailto:PILATES@CLAREMONTCLUB.COM) TO PURCHASE A PACKAGE OR RESERVE YOUR SPOT**

**SMALL GROUP CLASS DESCRIPTIONS:**

**ESSENTIAL:** Practice and perfect the introductory exercises and beneficial Pilates Principles. These group classes will instill the knowledge and purpose of Pilates and continuously challenge your body as you progress in skill, movement and strength.

**INTERMEDIATE:** This class is great for the experienced Pilates body! More challenging exercises will be introduced along with a personalized routine challenging your strength, coordination, flexibility, endurance, and more!

**ADVANCED:** Step it all the way up with our Advanced Apparatus Class! Focusing on the traditional repertoire, participants will learn the advanced exercises Pilates has to offer all while getting a full body workout designed to challenge your mind, body and movement. This class may include work on all studio apparatus!

**ATHLETIC (60 MINS):** This class is a fusion of classic Pilates movements on equipment, fat burning cardiovascular exercises, as well as full body strength building and stretching. The key Principles of Pilates training added to more modern movements make this work out more powerful. This full body conditioning class will lengthen and strengthen your muscles, with the added advantage of improving your muscle to fat ratio!

**RESTORATIVE CORE & MORE (30 MINS):** This class is designed to improve balance and flexibility, while tapping into your deepest core muscles. Restorative Pilates is an excellent opportunity to disconnect from the frenetic activity of daily life and reset your body and mind.

**HAPPY HOUR:** Our 45-minute lunchtime Pilates class will energize you with core exercises to firm and sculpt your body and rejuvenate you for the rest of your day. Pilates experience is required. New to Pilates? Sign up for a Jumpstart Package to get started.