



# JANUARY

## WELLNESS SGT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WORKSHOPS
10:00-10:30 AM KETTLEBELL, CALESTHENICS & CORE JAY POWER PLATE STUDIO							MINDSET ALLIGNMENT WORKSHOP 4:00-4:30 PM WED, JAN 8 RUTH GX STUDIO \$10/MEMBER* (Holiday special)
12:00-12:30 PM CLASSIC POWER PLATE ANDREA POWER PLATE STUDIO	4:30-5:30 PM YOUTH ATHLETIC PROGRAM DANIEL GX STUDIO			10:00-10:30 AM KETTLEBELL BLAST JAY POWER PLATE STUDIO			MASTERING MENTAL PERFORMANCE WORKSHOP SERIES 5:30-6: 30 PM TRENT MS SPORTS AND PERFORMANCE PSYCH CONFERENCE ROOM \$15/MEMBER* Email jraja@claremontclub.com for more info
12:30-1:00 PM STRETCHING FOR A HEALTHY BACK ANDREA POWER PLATE STUDIO	5:00PM-5:30PM DRYLAND TRAINING: SKIERS COACH RONNIE POWERPLATE STUDIO		5:00PM-5:30PM DRYLAND TRAINING: SKIERS COACH RONNIE POWERPLATE STUDIO			1:00PM-1:30 PM SUNDAY CRUNCH KELSEY POWER PLATE STUDIO **PURCHASE SGT PACKAGE	WELLNESS RESET INFORMATIONAL WORKSHOP 10-11:00 AM SAT, JAN 11 ANNE CONFERENCE ROOM COMPLIMENTARY* (Holiday special)
6:00PM-6:30PM STRIKE ZONE BOXING COACH LEON QUEENAX STUDIO	6:30-7:00 PM PILATES AND BARRE INSPIRED POWER PLATE ANDREA POWER PLATE STUDIO	5:30-6:00 PM STRENGTH AND CONDITIONING JAY POWER PLATE STUDIO	6:00-6:30 PM POWER PLATE ANDREA POWER PLATE STUDIO				
	7-8 PM YOUTH ATHLETIC PROGRAM DANIEL MULTI- PURPOSE STUDIO			6:00PM-6:30PM STRIKE ZONE BOXING COACH LEON QUEENAX STUDIO			



**SCAN ME**

**FOR CLASS DESCRIPTIONS  
AND SCHEDULE UPDATES**

**CONTACT**

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