



# MARCH

## PILATES SGT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-8:00 AM ATHLETIC LANDAN	6:00-7:00 AM ATHLETIC LANDAN	6-7AM *NEW* DISCOVER PILATES ORIENTATION LANDAN Email pilates@claremontclub.com to register	6:00-7:00 AM ATHLETIC LANDAN		9:00-10:00AM INTERMEDIATE DARE
8:00-9:00 AM *NEW* DISCOVER PILATES ORIENTATION DARIA Email pilates@claremontclub.com to register	8:00-8:30 AM INTERMEDIATE ANTIONETTE	9:00-10:00 AM ATHLETIC DARE	7:30-8:30 AM ATHLETIC LANDAN	9:30-10:30 AM ATHLETIC DARE	9:00-9:30 AM INTERMEDIATE BRITNEY	10:00AM-10:30AM ESSENTIAL DARE
9:00-10:00 AM *NEW* STRENGTHEN, LENGTHEN & TONE BETHANY	8:30-9:00 AM RESTORATIVE SARA W.	10:00AM-10:30AM STRONG & ACTIVE SENIORS ESSENTIAL DARE	8:30-9:00 AM RESTORATIVE SARA W.	11:00-11:30AM LITTLE BLACK DRESS INTERMEDIATE DARE	10:15-11:15 JUMP! INTERMEDIATE DARE *EVERY OTHER SATURDAY*	10:30-11:30 AM INTERMEDIATE/ ADVANCED SARAH S./DARIA
10:00-11:00AM INTERMEDIATE/ ADVANCED MICHELE	9:00-9:30 AM INTERMEDIATE SARA W.	10:30AM-11:00AM ESSENTIAL DARE	9:00-9:30AM INTERMEDIATE SARA W	12:00-1:00PM *NEW* DISCOVER PILATES ORIENTATION NAOMI Email pilates@claremontclub.com to register	11:15AM -12:15PM *NEW* DISCOVER PILATES ORIENTATION DARE *EVERY OTHER SATURDAY* Email pilates@claremontclub.com to register	
11:00-11:30AM ESSENTIAL MICHELE	9:30-10:30 AM STRONG CORE & MORE LAYNE	11:00AM-12PM *NEW* STRENGTHEN, LENGTHEN & TONE BETHANY	9:30-10:30 AM INTERMEDIATE/ ADVANCED LAYNE	1:00-1:30PM LUNCH BREAK EXPRESS DARE	1:30-2:00 PM *NEW* INTERMEDIATE NAOMI	
	10:30-11:00 AM INTERMEDIATE SARA W.		10:30-11:00 AM INTERMEDIATE SARA W.	2:00PM-3:00PM *NEW* BALLET FLOW NAOMI	2:00PM-3:00PM *NEW* BALLET FLOW NAOMI	
	11:00 AM-12:00 PM INTERMEDIATE MICHELE		11:30-12:00 PM ESSENTIAL SARA W.	3:00-3:30PM *NEW* STRONG & ACTIVE SENIORS CECILIA	3:00-4:00 PM *NEW* SLOW & SCULPT NAOMI	
	1:00PM-2:00PM INTERMEDIATE SARAH S.	1:00-1:30PM LUNCH BREAK EXPRESS DARE	12:30PM-1:00PM FEET IN STRAPS SARA W.	4:00-4:30 PM *NEW* STRETCH CECILIA		
	3:00-3:30PM *NEW* ESSENTIAL/ INTERMEDIATE NAOMI		3:00-4:00 PM *NEW* SLOW & SCULPT NAOMI	4:30-5:00 PM INTERMEDIATE CECILIA		
			5:00-5:30PM BEGINNER/ ESSENTIAL DARE	<p>All small group classes are now booked through The Claremont Club App.</p> <p>Please check the app for class details, availability and scheduling. There is a place in Pilates for everyBODY. Selecting a class that matches your skill level and abilities will help create the best experience for you and your group.</p> <p>Classes are available in 30-minute and 60-minute sessions. * Important: If registering for a 60-minute class, you must book both 30-minute timeslots in the app.</p> <p>PRICING STARTS AT \$27/CLASS. ENJOY EXCLUSIVE PRICING WHEN YOU BUY A PACKAGE Email pilates@claremontclub.com to get started</p> <p>ALL CLASSES ARE LOCATED IN THE PILATES STUDIO</p>		
5:00-6:00 PM INTERMEDIATE/ ADVANCED MICHELE	5:00-6:00PM ESSENTIAL/ INTERMEDIATE DARE		5:30-6:00PM *NEW* JUMP EXPRESS! ESSENTIAL/INTERMEDIATE DARE			
6:00-6:30 PM INTERMEDIATE MICHELE	6:00-7:00PM INTERMEDIATE/ ADVANCED DARE		6:00-7:00PM INTERMEDIATE/ ADVANCED DARE			



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FOR CLASS DESCRIPTIONS  
AND SCHEDULE UPDATES

CONTACT

pilates@claremontclub.com  
(909) 625-6791 ext. 266

# HOW WE WORK

At The Claremont Club we believe there is a place in Pilates for everyBODY!

## What We Offer

- **Privates** – All eyes on you! Personalized training tailored to your needs. (30- and 55-minute sessions available.)
- **Duets** – Train with a partner for motivation and fun. (30- and 55-minute sessions available.)
- **Small Groups** – Find the class that fits you best. (See levels below.)
- **Small Group Mat Pilates** – Coming soon! A personalized, small-group setting provided individual attention, structured progressions, and a focused environment to support your Pilates practice.
- **Specialty Workshops** – Offered throughout the year, focusing on specific techniques, movement goals, and Pilates principles.

## Small Group Levels

- **Beginner** – For those just starting their Pilates journey
- **Essential** – Focus on fundamentals and building a strong foundation
- **Intermediate** – Expand strength, control, and technique
- **Intermediate to Advanced** – Challenge endurance, balance, and coordination
- **Advanced** – Push your limits with complex movements
- **Specialty Classes** – Designed to target specific needs and movement goals, including **Strong & Active Seniors, Stretch, Jump!, Happy Hips, Feet in Straps, Athletic, Strong Core and More, Early Burn, Little Black Dress, and Lunchtime Express.**

## New to Pilates? Start Here!

### Discover Pilates – Orientation

*(Complimentary Session)*

Experience the benefits of Pilates in a welcoming, supportive environment with this complimentary session. Guided by an expert instructor, you'll be introduced to our studio and equipment while learning the core Pilates principles that make this method so effective. This session is recommended for anyone interested in studio Pilates, helping you feel confident as you begin your journey.

### Reformer 101 – Structured & Progressive 6-Week Series

This small group series is designed for those new to Reformer Pilates who are ready to learn in a structured and supportive setting. Each week builds on the last, helping you gain confidence, improve strength, and develop a deeper understanding of Pilates movement and technique. By the end of the series, you'll feel prepared to transition into ongoing small group classes.



## How to Book

- **Small Group Classes** – Are now able to be booked through The Claremont Club App.
- **Privates, Duets, and Reformer 101** – Book directly with a trainer.
- **Discover Pilates – Orientation** – Book using the QR code.
- **Package Pricing Available** – Save on sessions with discounted package options.

**For details & pricing: Contact [pilates@claremontclub.com](mailto:pilates@claremontclub.com)  
Studio Manager: Dare Kelley – (909) 625-6791 ext. 266**

# Class Levels

## **BEGINNER**

Perfect for those new to Pilates, this class introduces the fundamental exercises and core principles in a supportive and structured environment. You'll learn proper breathing, alignment, and control while building strength, flexibility, and body awareness. This level focuses on developing confidence and establishing a solid foundation for progression to the Essential level.

## **ESSENTIAL**

Practice and refine the fundamental exercises and core Pilates principles in a supportive group setting. This class will help you build strength, improve movement quality, and develop body awareness as you progress. Each session reinforces proper technique and control, ensuring a strong foundation for continued progression.

## **INTERMEDIATE**

Designed for those with Pilates experience and an established foundation in the fundamentals, this class introduces more challenging exercises that build strength, flexibility, endurance, balance and coordination. You'll continue refining technique while progressing to more dynamic movements on the Reformer and other Pilates apparatus in a structured group setting.

## **INT. TO ADVANCED**

For those ready to progress beyond Intermediate, this class introduces more complex exercises and faster-paced sequencing on the Reformer and other Pilates apparatus. You'll refine control, strength, balance, and endurance while taking on greater movement challenges. This level pushes both the body and mind, requiring a strong foundation in Pilates technique, coordination, and alignment.

*PILATES IS FOR EVERYBODY!*



THE  
*Claremont Club*