

MEET OUR NEWEST INSTRUCTORS!

PILATES PREVIEW WEEK

CLASS DESCRIPTIONS



Reformer: Discover Pilates

Discover Pilates - There is a place in Pilates for every BODY. Experience the benefits of Pilates in a welcoming, supportive environment. In this complimentary session, you'll be guided by an expert instructor who will guide you through the basics, help you feel confident on the equipment, and introduce you to the core principles that make Pilates so effective. Whether you're new to Pilates or looking to refine your practice, this session will help you feel the difference Pilates can make in your body and mind.

Reformer: AAB - Arms, Abs, & Booty

Strengthen and sculpt your abs, arms, and booty in this dynamic Reformer Pilates class. Using controlled movements, resistance, and targeted exercises, you'll tone your core, define your upper body, and lift and shape your glutes. Expect a mix of strength, endurance, and mindful movement designed to challenge and empower you.

This complimentary class will be Monday - then ongoing for \$27 or package pricing.

Reformer: Athletic Flow

Elevate your strength, endurance, and mobility with Daria in this Athletic Flow Reformer Pilates class. Designed for those who love a challenge, this class combines dynamic, full-body movements with controlled resistance training to build power, stability, and agility. Expect a seamless flow of exercises that keep your heart rate up while enhancing flexibility, balance, and core strength.

This complimentary class will be Sunday - then ongoing for \$27 or package pricing.

Reformer: Booty Burn

Fire up your glutes in this booty-focused Reformer Pilates class! Through controlled movements, resistance training, and high-rep, low-impact exercises, you'll activate, lift, and sculpt your glutes while strengthening your lower body. Expect a deep burn, focused muscle engagement, and a serious booty boost with Daria!

This complimentary class will be Sunday - then ongoing for \$27 or package pricing.

Reformer: Strengthen, Lengthen, & Tone

This Reformer Pilates class focuses on dynamic, athletic movements designed to challenge your endurance and build strength. Through a series of targeted exercises, you'll tone your muscles, improve flexibility all while enhancing your balance. Perfect for those looking to push their limits and achieve a lean, sculpted physique.

This class will be every Monday 9-10am and Wednesday at 11am-12pm

Small Group: MAT SLT (Strengthen, Lengthen, & Tone)

This Pilates mat class blends a contemporary approach to classical Pilates with athletic moves and upbeat music. Designed to challenge your endurance and sculpt your body, while improving strength, stamina, and muscle tone.

This class will be every Tuesday and Thursday at 9:30-10:15am

Reformer: Ballet Flow

Inspired by the elegance of dance, Ballet Flow blends classical Pilates with fluid, graceful movements to enhance control, posture, and poise. Designed for those with Pilates experience, this class incorporates elements from the dance world, focusing on seamless transitions, balance, and refined movement quality. Elevate your practice with long, flowing sequences that build strength and elegance while maintaining the core principles of Pilates. Perfect for anyone looking to bring artistry into their movement!

This class will be every Friday and Saturday at 2-3pm

Reformer: Slow & Sculpt

A classical Pilates class that builds deep strength and control through slow, intentional movements. Designed for intermediate to advanced clients, this class swaps cardio for heavy resistance, high reps, and extra holds and pulses to maximize muscle activation. With a focus on breathwork and precision, it's perfect for those looking to sculpt and challenge their endurance—without rushing the process.

This class will be every Thursday and Saturday at 3-4pm

For more information, email pilates@claremontclub.com



PILATES PREVIEW WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6				Reformer Discover Pilates with Landan 6-7am			
8	AAB Arms, Abs, & Booty with Daria 7-8am Reformer Discover Pilates with Daria 8-9am Reformer SLT with Bethany 9-10am						
10		Small Group MAT SLT with Bethany 9:30-10:15am		Small Group MAT SLT with Bethany 9:30-10:15am			
12					Reformer Discover Pilates with Naomi 12-1pm	Reformer Discover Pilates with Dare 11:15am-12:15pm	Athletic Flow with Daria 11:30am Booty Burn with Daria 12-1pm
2					Reformer Ballet Flow with Naomi 2-3pm	Reformer Ballet Flow with Naomi 2-3pm	
4		Reformer Discover Pilates with Naomi 3:30-4:30pm		Reformer Slow & Sculpt with Naomi 3-4pm Reformer Unwind/Rehab with Naomi 4-5pm	Reformer Strong & Active Seniors with Cecilia 3-3:30pm Reformer Stretch with Cecilia 4-4:30pm	Reformer Slow & Sculpt with Naomi 3-4pm	

These classes are complimentary during Preview Week March 10th - 16th