

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:15 - 6:00 ★ AM RUSH!! Fernando	5:15 - 6:00 ★ AM RUSH!! Jordan	5:15 - 6:00 ★ ³⁰ MINUTE CLASS! GRIT Ant/Magda	5:15 - 6:00 ★ AM RUSH!! Jordan	5:15 - 6:00 ★ AM RUSH!! Fernando	8:00 - 8:55 ZUMBA Erikca	8:30 - 9:25 TKO Julie							
5:30 - 6:25 INTERVAL Georgia	6:00 - 6:30 ★ ³⁰ MINUTE CLASS! SPRINT Donald	5:30 - 6:25 ENDURANCE Jeff	6:00 - 6:30 ★ ³⁰ MINUTE CLASS! SPRINT Donald	5:30 - 6:25 ENDURANCE Donald	8:00 - 9:15 NEW! STARTS JANUARY 19th POWER FLOW Joe	9:00 - 10:00 YOGA FOR ATHLETES Britney							
6:00 - 6:45 POWER EXPRESS Emily	6:00 - 7:00 RISE AND SHINE Andra	6:00 - 6:45 POWER EXPRESS Emily	6:00 - 7:00 RISE & SHINE Andra	6:00 - 6:45 POWER EXPRESS Emily	8:00 - 8:55 ★ CYCLE Roya	9:15 - 10:10 CYCLE Andrea							
6:00 - 6:30 ★ ³⁰ MINUTE CLASS! CX WORX Antionette	8:00 - 8:55 PILATES Bonnie	6:00 - 6:30 ★ ³⁰ MINUTE CLASS! CX WORX Antionette	8:15 - 9:00 ★ ⁴⁵ MINUTE CLASS! LES MILLS BARRE Britney	7:00 - 7:55 NEW! ZUMBA Meri	9:00 - 9:55 ★ BODYPUMP Staff	9:30 - 10:25 U-JAM Taipai							
8:00 - 8:55 ACTIVE Meri	8:15 - 9:30 VINYASA Andra	8:00 - 8:55 NEW! BODY SHOP Denise	8:15 - 9:30 VINYASA Andra	8:00 - 8:55 ACTIVE Maria	9:15 - 10:10 CYCLE Jojo/Jeff	10:30 - 11:25 BARRE Jessika							
9:00 - 9:55 ★ ENDURANCE Roya	8:30 - 9:25 INTERVAL Michele T.	9:00 - 9:55 STRENGTH Tracy G.	8:30 - 9:25 INTERVAL Jojo	9:00 - 9:55 ★ INTERVAL George	9:30 - 10:45 ★ VINYASA Andra	11:00 - 12:15 GENTLE Collin							
9:00 - 9:55 AQUA Michele	9:00 - 9:55 BODYCOMBAT Antionette	9:00 - 9:55 ZUMBA Rudy	9:00 - 9:55 TKO Julie	9:00 - 9:55 U-JAM Taipai	10:00 - 10:55 BODYCOMBAT Jenss	11:30 - 12:25 ZUMBA 101 Rudy							
9:00 - 10:00 CARDIO TENNIS Staff - Court 8	9:30 - 10:45 DEEP HATHA Andra	9:00 - 9:55 AQUA Suzanne	9:00 - 10:00 CARDIO TENNIS Staff - Court 8	9:00 - 9:55 AQUA Michele L	11:00 - 12:15 VINYASA Elizabeth	12:30 - 1:45 GENTLE Collin/Veena							
9:00 - 9:55 U-JAM Taipai	10:00 - 10:55 VIBE Rudy	10:00 - 10:55 ★ MATRIX Julie	9:30 - 10:45 HATHA Andra	9:30 - 10:45 ★ VINYASA Nicole R	11:00 - 11:55 AQUA Joy								
9:30 - 10:45 VINYASA Sarah L	11:00 - 11:55 BARRE Roya	10:00 - 10:45 ★ PILATES Stephanie	10:00 - 10:55 STEP IT UP Denise	10:00 - 10:55 ★ BODYPUMP Charity	11:00 - 11:55 PILATES Sarah S								
10:00 - 10:55 ★ BODYPUMP Rudy	11:00 - 12:15 HEALTHY BACK Sarah L	11:00 - 11:55 AQUA Stephanie	11:00 - 11:55 AQUA Dare	11:00 - 11:55 AQUA Dare	12:00 - 12:45 TAI CHI Mary								
11:00 - 11:45 ★ PARKINSON'S CYCLE	11:00 - 11:55 AQUA Dare	11:00 - 12:15 GENTLE Sarah L	11:00 - 11:55 BARRE Roya	11:00 - 12:15 RESTORATIVE Nicole R	12:30 - 1:45 GENTLE Britney								
11:00 - 12:15 GENTLE Sarah L	4:30 - 5:25 BASIC TRAINING Dare	11:00 - 11:55 ZUMBA 101 Janine	12:00 - 12:55 BODYPUMP Charity	11:00 - 11:45 ★ PARKINSON'S CYCLE									
11:00 - 11:55 AQUA Joy	5:30 - 6:25 BODYPUMP Cherry	11:00 - 11:45 ★ PARKINSON'S CYCLE	1:00 - 2:15 NEW! STARTS JANUARY 10th GENTLE Sarah L	11:15 - 12:10 PILATES Bonnie									
11:15 - 12:15 PILATES Jackie	5:30 - 6:25 ENDURANCE Kent	12:00 - 12:30 ★ ³⁰ MINUTE CLASS! CX WORX Jenss	4:30 - 5:25 PILATES Bonnie	12:15 - 1:00 TAIJI FIT Nurys									
12:15 - 1:00 ★ ⁴⁵ MINUTE CLASS! LES MILLS BARRE Sarah K	6:30 - 7:45 GENTLE Erin	12:30 - 1:15 TAI CHI Jana	5:30 - 6:25 BODYPUMP Dare	4:30 - 5:25 BARRE Kjerstin									
4:30 - 5:25 PILATES Bonnie	6:30 - 7:00 ★ ³⁰ MINUTE CLASS! SPRINT Kent	4:30 - 5:25 BARRE Kjerstin	5:30 - 6:00 ★ ³⁰ MINUTE CLASS! SPRINT Georgia/George	5:30 - 6:25 ZUMBA Tracy									
5:15 - 6:10 STRENGTH Kent	6:30 - 7:15 ★ ⁴⁵ MINUTE CLASS! LES MILLS BARRE Dani	5:15 - 6:15 RESTORE & MEDITATE Andra	6:00 - 6:55 AQUA Rudy	6:30 - 7:00 ★ ³⁰ MINUTE CLASS! GRIT Jenss									
5:30 - 6:25 NEW! CSI Tracy		5:30 - 6:25 INTERVAL Georgia	6:30 - 7:45 VINYASA Elizabeth										
6:00 - 6:55 AQUA Joy		5:30 - 6:25 BODYCOMBAT Janine	6:30 - 7:30 ZUMBA Patricia										
6:30 - 7:25 ZUMBA Patricia		6:30 - 7:45 SUNSET Andra											
6:30 - 7:45 VINYASA Elizabeth		6:30 - 7:25 BODYPUMP Janine											
6:30 - 7:25 STRENGTH George													





JANUARY SCHEDULE

- YOGA STUDIO
- CYCLE STUDIO
- GROUP EXERCISE STUDIO
- FAMILY POOL
- TENNIS COURTS

★ **LES MILLS LAUNCH PARTY - 1/12**
Check out the schedule on the TCC App!
Sign up at the Front Desk Today!

★ **INTRO TO CYCLE - 1/19 at 10:30am**
Learn to set up and ride an indoor cycle!
All classes subject to change.
Check TCC App for more details.

NEW! NEW CLASS/TIME
★ REGISTRATION REQUIRED
at Front Desk

CARDIOVASCULAR & TOTAL BODY CONDITIONING CLASSES

ACTIVE -This class is the perfect mix of cardio, strength, balance, and core strengthening. If you are just starting an exercise program, getting back to it or want a class that will continue to keep you fit for an active life, then this is for you.

AM RUSH - Every day something different. Varied workouts that by that end of the week will give your body a complete workout. Strength, Endurance, Cardio, Core and Community. The goal is to challenge you where you are at and keep you moving forward on your path to fitness.

BASIC TRAINING - Come prepared to run, crawl, push up, sit up and more with calisthenics and athletics and athletic drills in this boot camp style class.

BARRE - This class utilizes small props and the ballet barre to get your heart pumping & a toned body!

BODYCOMBAT® - We strike, punch and kick, but without contact. Participants get their whole bodies fit and strong, burn massive calories, relieve stress, feel empowered and have a blast!

BODYPUMP® - is a barbell class based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music.

CSI (CARDIO/STRENGTH INTERVAL)- Intervals of body weight exercises, free weights, balance and core is mixed with cardio endurance work all intertwined with athletic training to raise the heart rate.

CX WORKS® - 30-minute class that mixes bodyweight exercises along with resistance tubing and plates to train the muscles of the core. Instructors guide participants through moves and give options, so it's challenging yet achievable for every level of fitness.

LES MILLS GRIT® - 30-minute HIT workout designed with short rounds of high-intensity exercise followed by periods of strategic recovery. We use barbells, plates and bodyweight exercises to make you strong, toned and unbelievably fit.

LES MILLS BARRE® - 30-minute ballet inspired style of training that works to shape and tone your whole body, build core strength, and allow you to escape the everyday.

MATRIX - Total body strength and conditioning class using movement patterns to pre fatigue certain muscles in order to target others. Challenging, fun and effective!

PARKINSON'S CYCLE Researchers at the Cleveland Clinic have found that cycling may improve the symptoms of Parkinson's. If you are interested in being part of a Free study or know someone who is, to demonstrate how Exercise is Medicine. **Contact Denise Johnson @ ext.236 or djohnson@claremontclub.com**

SPRINT® - It's the HIT workout that uses a stationary bike to get you fit fast. More intensity, fewer words, a kick start, or a pure and simple athletic performance workout.

STEP IT UP - A high energy class with easy to follow choreography for STEP-lovers looking for a challenge and a chance to STEP it up a notch.

TAI CHI - T'ai Chi is a dynamic form of relaxation, and therefore results in reduced stress and increased concentration. It will help improve balance, flexibility, muscle tone and posture.

TAIJI FIT® - Mind/Body workout that combines the best of traditional Tai Chi with modern western fitness for any age or fitness level.

TKO (TOTAL KNOCK OUT) - A high energy workout combining a mix of martial arts and athletic conditioning. Heavy bag gloves are recommended, but not required.

U-JAM® - We will take you around the world from Bollywood to Hip-Hop with an athletic cardio dance workout designed to burn calories, tone your body and leave you begging for more!

VIBE - This cardio dance class promises to bring lots of fun, high energy and positive VIBE'S. This class is infused with music and movements designed to get your body movin' and groovin'. You'll be working up a sweat but you won't mind a bit, cause you'll be having so much fun!

ZUMBA® - A Latin based dance and rhythm class designed to tone and sculpt your body! This class is loads of fun and will have you dripping with sweat!

ZUMBA 101 - New to ZUMBA? Try ZUMBA 101, a great class for beginners.

CYCLING CLASSES

ENDURANCE - These rides train the body to be more efficient in metabolizing fat, and to maintain comfortable pace for extended period. Recommended for beginners.

STRENGTH - Strength training involves steady, consistent pedaling with heavy resistance. These rides promote muscular and cardiovascular development working at or just above threshold. Suitable for all levels.

INTERVAL - Interval rides are all terrain sessions working to develop cardiovascular system, and its ability to recover quickly. Typical rides will include flats, hills, acceleration drills, and recovery.

CYCLE - Designed to challenge your cardiovascular system as well as your endurance, power and mental fortitude. Many types of terrains are simulated during your ride.

BEGINNERS arrive 10 minutes prior to class time for bike set up. SPD cycling shoes compatible & a water bottle required. We recommend using a MYZONE Belt which is available for purchase at the Front Desk.

AQUATICS CLASSES

AQUA – Water is a great resistance tool for muscular and cardiovascular exercise while reducing impact on bones and joints. Both shallow and deep water are utilized to provide a total body cardio and resistance-based workout. Equipment such as buoys and noodles are also used for added resistance and flotation. We ask that participants be able to swim.

PILATES - Become aware of the basic principles of body alignment critical to the Pilates workout. Exercises workout and prepare the body for core strength & endurance. The ultimate class of focus and self-awareness.

YOGA CLASSES

GENTLE YOGA - Gentle Yoga is a combination of postures coordinates with the breath, performed at a gentle pace which allows time to be present in each pose. This class provides the opportunity to explore your practice, to find the playtime between strength and flexibility, stability and ease, and to gain a greater understanding of physical alignment and balance.

HATHA YOGA – This class focuses on creating balance with active and receptive energy. As we take time in each pose, a deeper understanding of the postures develops. Heat, strength and focus are balanced with gentle opening and letting go in the body. Perfect for those who prefer slow, steady and specific instructions, with more time to move in and out of each posture.

HEALTHY BACK YOGA - An alignment based class that moves participants through a series of poses to strengthen and align the muscles that support the spine. Healthy Back Yoga is appropriate for all levels.

POWER FLOW-A powerful, dynamic and sweaty class designed to challenge and awaken the body. This "flow" style class, coordinates breath and movement to link postures and condition both your body and mind. Modifications and variations are encouraged to support individual needs and experience levels.

POWER YOGA EXPRESS - Power Yoga Express is a vigorous, fitness-based approach to yoga, perfect for athletes such as cyclists, runners, tennis players and weekend warriors. You can expect a challenging cardiovascular and strength building workout, while increasing your flexibility. Set to an energizing playlist; this class is 45 minutes to accommodate a busy lifestyle.

RESTORATIVE YOGA - Restorative Yoga is an excellent pathway to quiet the mind and calm the body. With the use of props such as blocks, bolsters and blankets, restorative postures release tension and encourage surrender into a deeper sense of relaxation and stillness. Restorative yoga classes are perfect for all ages, all levels, of experience and stages of flexibility.

RESTORE and MEDITATE-An excellent opportunity to disconnect from the frenetic activity of daily life and turn our attention inward, we start with slow movements to cultivate space for a deeper experience of the poses and the breath. Awareness of the physical sensations and the thoughts or emotions that arise can have a naturally calming effect on the nervous system. With our awareness directed within, the practice opens us up to new levels of self-exploration and contemplation

RISE & SHINE YOGA - An invigorating series of Sun Salutations and yoga postures tailored to your morning body. This class is designed to help you transition from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized! Better than a double latte!

SUNSET YOGA FLOW - Experience the rhythm of the day by allowing your yoga practice to wind down. This class will help you de-stress your mind and deeply relax your body while increasing flexibility and strength. Open level and great for everyone!

VINYASA YOGA - Vinyasa yoga is a series of postures, one flowing seamlessly into the next, uniting body, mind, and breath, designed as a moving meditation. Every Vinyasa class is unique. Creating the opportunity to become stronger, more flexible and balanced, while practicing being present in the moment.

YOGA FOR ATHLETES- Gain flexibility to increase range of motion and agility which helps to prevent injury. Learn breath control to increase endurance and stamina. Build upper body strength by consistently bearing your own body weight. Increase focus on a subconscious level resulting in calculated decisions ultimately taking any sport to the next level.

STUDIO POLICIES & ETIQUETTE

- Children 13 year may take all Group Exercise classes (except Cycling) when accompanied by a parent & must remain within arms reach of their parent at all times. Young adults 14 years & older may attend all independently.
- Classes are a group activity; we request that you follow the instructor routine.
- Please be on time. Entering a class in progress is not recommended.
- Be considerate of other member's exercise space. Please do not crowd a member who has arrived in class before you.
- Keep conversation to a minimum.
- Please do not enter the classroom before the current class is finished. Reserving places are permitted.
- Gym bags are discouraged in the studio.
- In consideration of other members, no cell phones in the studio.
- We recommend the use of a towel.
- Members may not use the stereo equipment.
- Please remember personal hygiene and refrain from wearing perfume or cologne.
- We request that all equipment be returned to proper storage area.
- Please use care when placing weights down to prevent damage to the hardwood floor.
- Shoes must be worn in all classes with the exception of Yoga, Pilates, and Aqua.