



AUGUST -SEPTEMBER 6th

Visit us online to view this schedule: www.claremontclub.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CYCLING-STRENGTH 5:30am Michele L	CYCLING- ENDURANCE 5:30am Mark	CYCLING- INTERVAL 5:30am Antionette	CYCLING-STRENGTH 5:30am Bob	CYCLING- ENDURANCE 5:30am Mark		STUDIO KEY YOGA STUDIO SMALL POOL OLYMPIC POOL GROUP EXERCISE STUDIO CYCLING STUDIO TENNIS BOARD INZONE
CARDIO&CONDITIONING 6:00am Allen		CARDIO&CONDITIONING 6:00am Allen		BODY SHOP 6:00am Allen		
ZUMBA 7:00am Antionette	CROSSFIT** 5:30am Lee	PILATES 6:00am Bonnie	CROSSFIT** 5:30am Lee			
AQUA CHALLENGE 8:00am Michele L	PILATES 7:30am Bonnie	AQUA CHALLENGE 8:00am Suzanne	PILATES 7:30am Sharon C	AQUA CHALLENGE 8:00am Suzanne	ZUMBA 7:30am Antionette	
	YOGA FLOW 8:15-9:15am Andra		YOGA FLOW 8:15-9:15am Andra	VINYASA YOGA 8:30am Nicole	CYCLING 8:00am Roya	
FUNctional CARDIO 8:00am Maria	KICKBOXING 8:30am Antionette	FUNctional STRENGTH 8:00am Maria	KICKBOXING 8:30am Antionette	GENTLE PILATES 8:00am Adele	BODY SHOP 8:30am Michele T	
BALListic 9:00am Denise		ZUMBA 9:00am Taipai	YOGA 9:30am Andra	ZUMBA 9:00am Taipai		
CYCLING- INTERVAL 9:00am Michele T	POWER CYCLE 8:30am Tracy G	CYCLING-STRENGTH 9:00am Sharon C	POWER CYCLE 8:30am Tracy G	CYCLING- INTERVAL 9:00am Sharon C	CYCLING 1st & 3rd Sat 9:00am Bob/Mark	
AQUA CHALLENGE 9:00am Lissa/Stephanie	AQUA FIT 9:00am Michele L	AQUA CHALLENGE 9:00am Stephanie	AQUA FIT 9:00am Lissa	AQUA CHALLENGE 9:00am Antionette	AQUA FIT 9:00am STAFF	KUNDALINI YOGA 8:00-9:25am Patty
HEALTHY BACK YOGA 9:00am Brenda	BODY SHOP ☆ 9:30am Lisa		BODY SHOP ☆ 9:30am Denise	RESTORATIVE YOGA 10:15 am NEW Marie	POWER STEP 9:30am Allen/Cecilia	CYCLING 9:15am George
CARDIO TENNIS 9:00am Julie	HATHA YOGA 9:30-10:45am Miko	PILATES W/PROPS 10:00am Sharon C	CARDIO TENNIS 9:00am Julie	PILATES 10:00am Adele	YOGA 9:00-10:15am Andra	ZUMBA 9:30 am Taipai
BALLETONE 10:00am Roya	STEP & SCULPT 10:30am Lisa	GENTLE YOGA 11:00-12:15pm Leslie	YOGA 10:45 - 12:00pm Marie		SUPER SPORTY JRS. 10:00am Inzone Staff	
PILATES 11:00am Julia	YOGA 11:00am Marie	ZUMBA 101 11:00am Meri		FUNKY HI/ LO 11:00am Lisa	JR. KARATE ADV.** 10:30-11:30am Nurys	KUNDALINI YOGA 9:30-10:45am Patty
POWER LUNCH CRUNCH 12:00pm Lisa						
GENTLE YOGA 11:00-12:15pm Susan		POWER LUNCH CRUNCH 12:00pm Lisa	YOGA 12:15 - 1:30pm Veena	YOGA 12:15-1:30pm Susan	PILATES 11:00am Bonnie	ZUMBA 101 11:00am Meri
JR KARATE** 3:45-4:45pm Nurys	JR KARATE** 3:45-4:25pm Nurys		LIL NINJAS** 3:00-3:30pm Daniel			
PILATES 4:30pm Bonnie		FAMILY KARATE** 3:45-4:55pm Nurys	JR. KARATE** 3:45-4:25pm Nurys	PRIMA BALLETT 5-8yrs.** 5:10-5:55pm Jessika		
PRIMA BALLETT 3-4yrs.** 5:10-5:55pm Jessika	HOOPING Adult&Kids 4:30-5:00pm Denise		PILATES 4:30pm Julia			
BODY SHOP 5:30pm Angela	PILATES 5:30pm Adele	BODY SHOP 5:00pm Cecilia		JR. CURCUIT BLAST 5:00pm Inzone Staff		
CYCLING- INTERVAL 6:00pm Roya	CYCLING-STRENGTH 6:00pm Christy	CYCLING- ENDURANCE 6:00pm Christy	CYCLING- INTERVAL 6:00pm Sharon C	CYCLING-STRENGTH 6:00pm Desiree/Bob		
YOGA FLOW 6:00pm Andra	STEP PLUS 6:30pm Allen	ZUMBA 6:00pm Roya	KICK-YOUR-CORE 6:30pm NEW Angela			
HIP HOP 6:30pm Brandon	AQUA CHALLENGE 7:00pm Amy		AQUA CHALLENGE 7:00pm Allen	LADIES NIGHT OUT 5:00pm Lisa		
	CYCLING- INTERVAL NEW 7:30pm BEG. AUG 17 Desiree	VINYASA YOGA 7:15pm Nicole		YOGA FLOW 6:00pm Andra		
ZUMBA 7:30pm Taipai	YOGA FLOW 7:30pm Andra		VINYASA YOGA 7:30pm Nicole			

All classes are subject to change

** Fee for this class

Tuesday and Thursday 9:30am Body Shop require sign-up at the Front Desk 75 minutes prior to class.

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DUE TO INSTRUCTOR TRAINING THE FOLLOWING CLASSES ARE CANCELLED

FRIDAY AUG. 6th
Pilates
Funky Hi/Lo
Ladies Night Out

SATURDAY AUG. 7th
BodyShop
Power Step
Pilates

SUNDAY AUG. 8th
Zumba
Zumba 101