



The CLAREMONT CLUB

The Ultimate in Sports & Fitness

SEPTEMBER 7-30

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

Shannon Malooly, Group Exercise Director (909) 625-6791, ext. 225

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CYCLING- INTERVAL 5:30am Michele L	CYCLING-STRENGTH 5:30am Mark	CYCLING- ENDURANCE 5:30am Antionette	CYCLING- INTERVAL 5:30am Bob	CYCLING-STRENGTH 5:30am Mark		STUDIO KEY YOGA STUDIO SMALL POOL GROUP EXERCISE STUDIO CYCLING STUDIO TENNIS BOARD INZONE
CARDIO&CONDITIONING 6:00am Allen	BODYATTACK ★ 6:00am Layne	CARDIO&CONDITIONING 6:00am Allen		BODY SHOP 6:00am Allen		
ZUMBA ☆ 7:00am Antionette		PILATES 6:00am Bonnie				
	PILATES 7:30am Bonnie		PILATES 7:30am Sharon C		ZUMBA ☆ 7:30am Antionette	
	YOGA FLOW 8:15- 9:15am Andra	ZUMBA ☆ 7:00am Antionette	YOGA FLOW 8:15- 9:15am Andra	VINYASA YOGA 8:30am Nicole	CYCLING 8:00am Roy	
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		ZUMBA ☆ 9:00am Taipai		
CYCLING- ENDURANCE 9:00am Michele T.	CYCLING-STRENGTH 8:30am Tracy G	CYCLING- INTERVAL 9:00am Sharon C	CYCLING- INTERVAL 8:30am Tracy G	CYCLING- ENDURANCE 9:00am Sharon C	CYCLING <u>1st,3rd & 5th Sat.</u> 9:00am Bob/Mark	CYCLING 9:15am George
AQUA CHALLENGE 9:15am Michele L.	BODY SHOP ☆ 9:30am Lisa	AQUA CHALLENGE 9:15am Suzanne	BODY SHOP ☆ 9:30am Denise	AQUA CHALLENGE 9:15am Antionette	AQUA FIT 9:00am Lisa	ZUMBA ☆ 9:30 am Taipai
HEALTHY BACK YOGA 9:00am Brenda	HATHA YOGA 9:30- 10:45am Miko	HATHA YOGA ★ 9:30am Miko	YOGA 9:30am Andra		POWER STEP 9:30am Allen/Cecilia	
CARDIO TENNIS 9:00am Eduardo/JJ	STEP & SCULPT 10:30am Lisa	PILATES W/PROPS 10:00am Sharon C	CARDIO TENNIS 9:00am Eduardo/JJ	PILATES 10:00am Adele	YOGA 9:00-10:15am Andra	KUNDALINI YOGA 9:30-10:45am Patty
ZUMBA ★ ☆ 10:00am Roy	KUNDALINI STRETCH 11:00am Patty	GENTLE YOGA 11:00- 12:15pm Leslie	YOGA 10:45am Miko/Marie	RESTORATIVE YOGA 10:15am Marie	SUPER SPORTY JRS. 10:00am Inzone Staff	
PILATES 11:00am Julia	AQUA FIT 11:00am Michele L.	AQUA CHALLENGE 11:00am Stephanie	AQUA CHALLENGE 11:00am Lissa	FUNKY HI/ LO 11:00am Lisa	JR. KARATE ADV.** 10:30- 11:30am Nurys	ZUMBA 101 ☆ 11:00am Meri
POWER LUNCH CRUNCH 12:00pm Lisa	TAI CHI CHUAN* 11:30am- 12:45pm Ted	ZUMBA 101 ☆ 11:00am Meri	YOGA 12:15 - 1:30pm Veena		AQUA CHALLENGE ★ 11:00am Tammy	
GENTLE YOGA 11:00- 12:15pm Susan	TAI CHI CHUAN ★ 1:00pm Marianna	POWER LUNCH CRUNCH 12:00pm Lisa	LIL NINJAS** 3:00- 3:30pm Daniel		PILATES 11:00am Bonnie	
JR KARATE** 3:45- 4:45pm Nurys	JR KARATE** 3:45- 4:25pm Nurys	YOGA 3:30pm Susan	JR. KARATE** 3:45- 4:25pm Nurys			
PILATES 4:30pm Bonnie		JR. KARATE** 3:45- 4:55pm Nurys	PILATES 4:30pm Julia	PRIMA BALLET 5- 8yrs.** 5:10- 5:55pm Jessika		
PRIMA BALLET 3-4 yrs** 5:10- 5:55pm Jessika				LADIES NIGHT OUT 5:00pm Lisa		
BODY SHOP 5:30pm Angela	PILATES 5:30pm Adele	BODY SHOP 5:00pm Cecilia	POWER STEP 5:30pm Cecilia	JR. CURCUIT BLAST 5:00pm Inzone Staff		
CYCLING- ENDURANCE 6:00pm Roy	CYCLING- INTERVAL 6:00pm Christy	CYCLING-STRENGTH 6:00pm Christy	CYCLING- INTERVAL 6:00pm Sharon C	CYCLING- INTERVAL 6:00pm Desiree/Bob		
YOGA FLOW 6:00pm Andra	STEP PLUS 6:30pm Allen	ZUMBA ☆ 6:00pm Roy	KICK YOUR CORE 6:30pm Angela			
BODYJAM ★ REVIEW PARTY 6:30pm Taipai, Antionette, Jenny	AQUA CHALLENGE 6:00pm Tammy		AQUA CHALLENGE 6:00pm Allen			
ZUMBA ☆ 7:30pm Taipai	CYCLING- ENDURANCE 7:30pm Desiree		ZUMBA ★ ☆ 7:30pm Jenny			
	YOGA FLOW 7:30pm Andra	VINYASA YOGA 7:15pm Nicole	VINYASA YOGA 7:30pm Nicole	YOGA FLOW 6:00pm Andra		

All classes are subject to change

*Pre Registration Required
** Fee for this class

★ NEW CLASS

☆ Require sign-up at the Front Desk
60 minutes prior to class.

Jr. Weight Room Hours:
 Mon-Thurs: 4:00 - 4:30pm, 5:00- 5:30pm, 6:00 - 6:30pm
 Fri: 4:00- 7:00pm
 Sat: 9:00- 9:30am, 11: - 11:30am
 Sun: CLOSED

**NO CLASSES ON LABOR DAY
SEPTEMBER 6th**