

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 you 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.

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 HITT workout designed with short rounds of high-intensity exercise followed by periods of strategic recovery using 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!

POUND® - Sweat, Sculpt, & ROCK with POUND®. Inspired by the sweat-dripping, infectious, energizing fun of drumming! POUND® is a full body cardio jam session. All levels welcome

TKO (TOTAL KNOCK OUT) - A high energy workout combing 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 STUDIO CLASSES

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.

SPRINT® - It's the HITT 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.

THE TRIP® This class takes motivation and energy output to the next level, burning serious calories. Lose yourself in the experience and come out the other side mentally and physically invigorated.

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

SPECIALTY 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, Contact Denise Johnson @ ext.236 or djohnson@claremontclub.com

AQUATICS CLASSES

CARDIO SPLASH- Improve your cardiovascular fitness, endurance and range of motion in shallow water by performing simple choreographed moves. This class uses music and the resistance of the water to turn up the heat!

POWER WAVES- Challenge your inner athlete with this high intensity aqua workout in shallow and deep water. We focus on exercises to improve strength, endurance and range of motion. Flotation belts may be used

AQUA FIT-This class is a mix of cardio, strength, core, balance and fun. This workout will challenge you where you're at and continue to keep you fit for an active life.

Equipment such as buoys, flotation belts and noodles may be used for added resistance and flotation. *We ask that participants be able to swim.

YOGA, PILATES and TAI CHI CLASSES

EASY FLOW YOGA-This class connects breath and movement through a series of approachable poses designed to improve flexibility and mobility. It's similar to the Vinyasa practice in style, but proceeds at a slower pace and a perfect class begin your yoga practice.

GENTLE YOGA – Combing postures that coordinate with the breath, performed at a gentle pace allows time to be present in each pose. It also provides the opportunity to improve strength, flexibility, stability and ease to improve alignment and balance.

HATHA YOGA – Focusing on creating balance with active and receptive energy and taking time in each pose, develops a deeper understanding of the postures. Heat, strength and focus are balanced with gentle opening and letting go in the body

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. Appropriate for all levels.

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.

POWER YOGA EXPRESS – 45 MINUTES Vigorous, fitness-based approach to yoga perfect for athletes such as cyclists, runners, tennis players and weekend warriors. Challenging cardiovascular and strength building workout, while increasing your flexibility.

RESTORE and MEDITATE-Starting 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!

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. Great for everyone!

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.

VINYASA YOGA - A series of postures, one flowing seamlessly into the next, uniting body, mind, and breath, designed as a moving meditation. This class creates 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 and increase focus. Build upper body strength by consistently bearing your own body weight.

STUDIO POLICIES & ETIQUETTE

1. 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.
2. Classes are a group activity; we request that you follow the instructor routine.
3. Please be on time. Entering a class in progress is not recommended.
4. Be considerate of other member's exercise space. Please do not crowd a member who has arrived in class before you.
5. Keep conversation to a minimum.
6. Please do not enter the classroom before the current class is finished. Reserving places are not permitted.
7. Gym bags are discouraged in the studio.
8. In consideration of other members, no cell phones in the studio.
9. We recommend the use of a towel.
10. Members may not use the stereo equipment.
11. Please remember personal hygiene and refrain from wearing perfume or cologne.
12. We request that all equipment be returned to proper storage area.
13. Please use care when placing weights down to prevent damage to the hardwood floor.
14. Shoes must be worn in all classes with the exception of Yoga, Pilates, and Aqua.

OCTOBER GROUP EXERCISE SCHEDULE

STAY CONNECTED!

Join the Group Exercise group on the TCC App!

UPCOMING EVENTS

CELEBRATING LIFE AQUA CLASSES BREAST CANCER AWARENESS MONTH

10/5, 9:00AM AND 11:00AM
THE FAMILY POOL

ATHLETIC LONGEVITY WITH LYNETTE

10/19, 1:45 - 3:34PM
\$35 MEMBERS
\$45 NON-MEMBERS
SIGN UP AT THE FRONT DESK



1777 MONTE VISTA AVENUE
CLAREMONT, CA, 91711
909.625.6791 WWW.CLAREMONTCLUB.COM

OCTOBER GROUP EXERCISE SCHEDULE

GX - GROUP EXERCISE STUDIO
C - CYCLE STUDIO

Y - YOGA STUDIO
P - FAMILY POOL

NEW! - NEW CLASS
R - REGISTRATION REQUIRED

✓ - PASS REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN						
5:15 - 6:00 AM RUSH Fernando - GX	11:00 - 11:45 SPECIALTY CYCLE C R	5:15 - 6:00 AM RUSH Jordan - GX ✓	PM 12:00 - 12:30 GRIT Magda - GX	5:30 - 6:25 CYCLE Jeff - C	PM 11:00 - 11:55 POWER WAVES Stephanie - P	5:15 - 6:00 AM RUSH Jordan - GX ✓	11:00 - 11:55 BARRE Roya - GX	5:15 - 6:00 AM RUSH Fernando - GX	11:00 - 11:45 SPECIALTY CYCLE C R	8:00 - 8:55 ZUMBA Erikca - GX	11:00 - 11:55 CARDIO SPLASH Joy - P	8:30 - 9:25 TKO Julie - GX
6:00 - 6:30 CX WORX Antionette - GX	11:00 - 12:00 GENTLE PILATES Jackie - GX	6:00 - 6:30 SPRINT Donald - C	12:30 - 1:00 NEW CX WORX Antionette - GX	6:00 - 6:45 POWER EXPRESS YOGA Emily - Y	12:00 - 12:30 CX WORX Jenss - GX	6:00 - 6:30 SPRINT Donald - C	PM 12:00 - 12:55 BODYPUMP Elle - GX	5:30 - 6:25 CYCLE Donald - C	11:00 - 11:55 PILATES Bonnie - GX	8:00 - 8:55 CYCLE Roya - C ✓	11:00 - 11:55 PILATES Sarah S - GX	9:00 - 10:00 YOGA FOR ATHLETES Britney - Y ✓
6:00 - 6:45 POWER EXPRESS YOGA Emily - Y	11:00 - 12:15 GENTLE YOGA Sarah L - Y	6:00 - 7:00 RISE AND SHINE YOGA Britney - Y	4:30 - 5:25 BASIC TRAINING Dare - GX	8:00 - 8:55 BODY SHOP Denise - GX	3:45 - 4:30 TAI CHI Mary - GX	6:00 - 7:00 RISE & SHINE YOGA Lynette - Y	1:00 - 2:15 GENTLE YOGA Sarah L - Y	6:00 - 6:45 POWER EXPRESS YOGA Emily - Y	PM 12:15 - 1:00 TAIJI FIT Nurys - GX	9:00 - 9:55 POWER WAVES Joy - P	11:00 - 12:15 VINYASA YOGA Elizabeth - Y ✓	9:15 - 10:10 CYCLE Andrea - C
7:00 - 7:55 ZUMBA Meri - GX	11:00 - 11:55 CARDIO SPLASH Joy - P	8:00 - 8:55 PILATES Bonnie - GX	5:30 - 6:25 BODYPUMP Cherry - GX	9:00 - 9:55 CYCLE Kristy - C	4:30 - 5:25 BARRE Kjerstin - GX	8:00 - 8:30 LES MILLS BARRE Britney - GX	4:30 - 5:25 PILATES Bonnie - GX ✓	8:00 - 8:55 ACTIVE Meri - GX	4:00 - 4:30 GRIT Jenss - GX	9:00 - 9:55 BODYPUMP Kristy - GX ✓	PM 12:30 - 1:45 GENTLE YOGA Erin - Y	9:30 - 10:25 U-JAM Taipai - GX
8:00 - 8:55 ACTIVE Maria - GX	PM 4:30 - 5:35 PILATES Bonnie - GX ✓	8:15 - 9:15 VINYASA YOGA Britney - Y	5:30 - 6:25 CYCLE Kent - C	9:00 - 9:55 ZUMBA Rudy - GX	5:15 - 6:15 RESTORE & MEDITATE Nicole H - Y	8:15 - 9:15 VINYASA YOGA Lynette - Y	5:30 - 6:25 BODYPUMP Dare - GX	9:00 - 9:55 U-JAM Taipai - GX	4:30 - 5:25 BARRE Kjerstin - GX	9:15 - 10:10 CYCLE Jojo/Jeff - C	NAMASTE SATURDAY October 12 GX Studio 3:00 - 4:30 Sarah L	
9:00 - 9:55 CYCLE Roya - C ✓	5:15 - 6:10 CYCLE Kent - C	8:30 - 9:25 CYCLE Michele T. - C	6:00 - 6:55 AQUA FIT Rudy - P	9:00 - 9:55 AQUA FIT Suzanne - P	5:30 - 6:25 CYCLE Georgia - C	8:30 - 9:00 NEW CX WORX Antionette - GX	5:30 - 6:00 SPRINT Georgia - C	9:00 - 9:55 CYCLE George - C ✓	5:30 - 6:25 ZUMBA Carol - GX	9:30 - 10:45 VINYASA Elizabeth - Y ✓		
9:00 - 9:55 POWER WAVES Michele L - P	5:30 - 6:30 YOGA FOR ATHLETES Lynette - Y	9:00 - 9:55 BODYCOMBAT Antionette - GX	6:30 - 7:00 LES MILLS BARRE Jennifer - GX	10:00 - 10:55 MATRIX Julie - GX ✓	5:30 - 6:25 BODYCOMBAT Janine - GX	8:30 - 9:25 CYCLE Jojo - C	5:30 - 6:30 NEW GENTLE YOGA Erin - Y	9:00 - 9:55 AQUA FIT Michele L - P	5:30 - 6:30 YOGA FOR ATHLETES Britney - Y	10:00 - 10:55 BODYCOMBAT Jenss - GX	11:00 - 12:15 GENTLE YOGA Collin - Y	
9:00 - 10:00 CARDIO TENNIS Staff - Crt 8	5:30 - 6:25 CSI Denise - GX	9:30 - 10:45 DEEP HATHA YOGA Nicole R - Y	6:30 - 7:45 GENTLE YOGA Erin - Y	10:00 - 10:45 PILATES Stephanie - Y ✓	6:30 - 7:25 BODYPUMP Janine - GX	9:00 - 9:55 TKO Julie - GX	6:00 - 6:55 POWER WAVES Joy - P	9:30 - 10:45 VINYASA YOGA Nicole R - Y ✓	10:30 - 11:00 SPRINT Staff - C	11:30 - 12:25 ZUMBA 101 Rudy - GX		
9:00 - 9:55 U-JAM Rudy - GX	6:30 - 7:25 ZUMBA Patricia - GX	10:00 - 10:55 VIBE Rudy - GX	6:30 - 7:00 SPRINT Kent - C	11:00 - 11:45 SPECIALTY CYCLE C R	6:30 - 7:45 SUNSET YOGA Erin - Y	9:00 - 10:00 CARDIO TENNIS Staff - Court 8	6:30 - 7:30 ZUMBA Patricia - GX	10:00 - 10:55 BODYPUMP Michele T - GX ✓	11:00 - 11:55 AQUA FIT Dare - P	12:30 - 1:30 BODYPUMP Staff - GX		
9:30 - 10:45 VINYASA YOGA Sarah L - Y	6:30 - 7:25 CYCLE George - C	11:00 - 11:55 AQUA FIT Dare - P	7:00 - 7:30 NEW POUND Jill - GX	11:00 - 11:55 ZUMBA 101 Janine - GX	9:30 - 10:45 HATHA YOGA Britney - Y	9:30 - 10:45 HATHA YOGA Britney - Y	6:45 - 7:45 VINYASA YOGA Elizabeth - Y	11:00 - 11:55 AQUA FIT Dare - P	11:00 - 12:15 RESTORATIVE YOGA Nicole R - Y	12:30 - 1:45 GENTLE YOGA Collin/Veena - Y		
10:00 - 10:55 BODYPUMP Kristy - GX ✓	6:45 - 7:45 VINYASA YOGA Elizabeth - Y	11:00 - 11:55 BARRE Roya - GX	11:00 - 12:15 HEALTHY BACK YOGA Sarah L - Y	11:00 - 12:15 GENTLE YOGA Sarah L - Y	10:00 - 10:55 NEW CSI Denise - GX	10:00 - 10:55 NEW CSI Denise - GX	11:00 - 11:55 AQUA FIT Dare - P					

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