



# NOVEMBER

## PILATES SGT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-8:00 AM ATHLETIC ANTIONETTE	6:00-7:00 AM ATHLETIC LANDAN	7:30-8:30 AM ATHLETIC LANDAN	6:00-7:00 AM ATHLETIC LANDAN	9:00-9:30 AM INTERMEDIATE BRITNEY	9:00-10:00AM INTERMEDIATE DARE
	8:00-8:30 AM INTERMEDIATE ANTIONETTE	9:00-10:00 AM ATHLETIC DARE	8:00-8:30 AM INTERMEDIATE ANTIONETTE			10:00AM-10:30AM BEGINNER /ESSENTIAL DARE
10:00-11:00AM INTERMEDIATE/ ADVANCED MICHELE	8:30-9:00 AM RESTORATIVE SARA W.	10:00AM-10:30AM SENIORS DARE	8:30-9:00 AM RESTORATIVE SARA W.	9:30-10:30 AM ATHLETIC DARE		10:30-11:30 AM INTERMEDIATE/ ADVANCED SARAH S.
	9:00-9:30 AM INTERMEDIATE SARA W.		9:00-9:30AM INTERMEDIATE SARA W			
11:00-11:30AM ESSENTIAL/ INTERMEDIATE MICHELE	9:30-10:30 AM STRONG CORE & MORE LAYNE	10:30AM-11:00AM ESSENTIAL DARE	9:30-10:30 AM INTERMEDIATE/ ADVANCED LAYNE	11:00-11:30AM LITTLE BLACK DRESS DARE		12:30-1:30PM PILATES H2O DARE
	10:30-11:00 AM INTERMEDIATE SARA W.		10:30-11:00 AM INTERMEDIATE SARA W.			
	11:00 AM-12:00 PM INTERMEDIATE MICHELE	11:30AM-12:00PM ESSENTIAL SARAH S.	11:30-12:00 PM BEGINNER/ ESSENTIAL BRITNEY	1:00-1:30PM ESSENTIAL DARE		
			12:30PM-1:00PM FEET IN STRAPS SARA W.	3:30-4:00 PM ESSENTIAL CECILIA		
	3:30-4:00PM ESSENTIAL/ INTERMEDIATE CECILIA		4:30-5:00 PM ESSENTIAL/ INTERMEDIATE DARE	4:30-5:00 PM ESSENTIAL CECILIA		
5:00-6:00 PM INTERMEDIATE/ ADVANCED MICHELE	5:00-6:00PM ESSENTIAL/ INTERMEDIATE DARE		5:00-6:00PM ESSENTIAL/ INTERMEDIATE DARE			
			5:30-6:00PM HAPPY HIPS DARE			
6:00-6:30 PM INTERMEDIATE MICHELE	6:00-7:00PM INTERMEDIATE DARE		6:00-7:00PM INTERMEDIATE DARE			

ALL CLASSES ARE LOCATED IN THE PILATES STUDIO

PRICING STARTS AT \$27/CLASS. PREFERRED PRICING AVAILABLE THROUGH PURCHASE OF A PACKAGE. PLEASE EMAIL LANDAN.GARNER@CLAREMONTCLUB.COM TO PURCHASE A PACKAGE OR RESERVE YOUR SPOT



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FOR CLASS DESCRIPTIONS  
AND SCHEDULE UPDATES

CONTACT

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## SMALL GROUP CLASS DESCRIPTIONS:

**ESSENTIAL:** Practice and perfect the introductory exercises and beneficial Pilates Principles. These group classes will instill the knowledge and purpose of Pilates and continuously challenge your body as you progress in skill, movement and strength.

**INTERMEDIATE:** This class is great for the experienced Pilates body! More challenging exercises will be introduced along with a personalized routine challenging your strength, coordination, flexibility, endurance, and more!

**ADVANCED:** Step it all the way up with our Advanced Apparatus Class! Focusing on the traditional repertoire, participants will learn the advanced exercises Pilates has to offer all while getting a full body workout designed to challenge your mind, body and movement. This class may include work on all studio apparatus!

**ATHLETIC (60 MINS):** This class is a fusion of classic Pilates movements on equipment, fat burning cardiovascular exercises, as well as full body strength building and stretching. The key Principles of Pilates training added to more modern movements make this work out more powerful. This full body conditioning class will lengthen and strengthen your muscles, with the added advantage of improving your muscle to fat ratio!

**RESTORATIVE CORE & MORE (30 MINS):** This class is designed to improve balance and flexibility, while tapping into your deepest core muscles. Restorative Pilates is an excellent opportunity to disconnect from the frenetic activity of daily life and reset your body and mind.

**HAPPY HOUR:** Our 45-minute lunchtime Pilates class will energize you with core exercises to firm and sculpt your body and rejuvenate you for the rest of your day. Pilates experience is required. New to Pilates? Sign up for a Jumpstart Package to get started.