



# NOVEMBER

## WELLNESS SGT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WORKSHOPS
10:00-10:30 AM KETTLEBELL, CALESTHENICS & CORE JAY POWER PLATE STUDIO		9:30-10:00 AM BAND-AID KELSEY POWER PLATE STUDIO					1:00-3:00 PM SAT, NOV 2 SELF DEFENSE WORKSHOP NURYS GX STUDIO \$45/MEMBER* AGES 12+
12:00-12:30 PM CLASSIC POWER PLATE ANDREA POWER PLATE STUDIO				10:00-10:30 AM KETTLEBELL BLAST JAY POWER PLATE STUDIO			
12:30-1:00 PM STRETCHING FOR A HEALTHY BACK ANDREA POWER PLATE STUDIO		10:15AM-10:45 AM PREGNANCY AND POSTPARTUM CORE STRENGTHENING AND CONDITIONING KAILEY POWER PLATE STUDIO	5:00PM-5:30PM DRYLAND TRAINING: SKIERS COACH RONNIE POWERPLATE STUDIO			1:00PM-1:30 PM SUNDAY CRUNCH KELSEY POWER PLATE STUDIO **COMPLIMENTARY	
6:00PM-6:30PM STRIKE ZONE BOXING COACH LEON QUEENAX STUDIO	5:00PM-5:30PM DRYLAND TRAINING: SKIERS COACH RONNIE POWERPLATE STUDIO		6:00-6:30 PM POWER PLATE ANDREA POWER PLATE STUDIO				
	6:30-7:00 PM PILATES AND BARRE INSPIRED POWER PLATE ANDREA POWER PLATE STUDIO	5:30-6:00 PM STRENGTH AND CONDITIONING JAY POWER PLATE STUDIO		6:00PM-6:30PM STRIKE ZONE BOXING COACH LEON QUEENAX STUDIO			

**PLEASE CONTACT [JRAJA@CLAREMONTCLUB.COM](mailto:JRAJA@CLAREMONTCLUB.COM) FOR PACKAGE PRICING.**

**USE THE CLASSES TAB IN THE MEMBER PORTAL OR MOBILE APP TO RESERVE YOUR SPOT.**

## SGT DESCRIPTIONS

**BAND AID** - This class will challenge your core, enhance your stability and sculpt your entire body using resistance bands, bosu balls and lightweight dumbbells. Prepare to sweat, tone and feel the burn in this dynamic class!

**CLASSIC POWER PLATE** - Great for beginners, all exercises are functional and can be regressed or progressed. We will use other tools such as the poza ball, medicine balls and tubing.

**KETTLEBELL BLAST** - A workshop that focuses on cardio and strength, that will leave you feeling energised and stronger after every class.

**KETTLEBELL, CALESTHENICS AND CORE** - Come prepared to do body weight exercises, core work and kettlebells, the best way to start your Friday

**PILATES & BARRE- INSPIRED POWER PLATE** Inspired by the Pilates Reformer and Barre exercises, the vibration from the Power Plate adds a unique challenge for these already great exercises.

**POWER PLATE** - Challenging, fast-paced class designed to improve strength and increase cardio endurance. No class is ever the same twice.

**STRETCHING FOR A HEALTHY BACK** - Using the foam roller to break up adhesions, followed by stretching to improve mobility, we will strengthen the core and improve posture with a whole-body approach.

**WORKSHOPS: Please see flyer / ask Wellness staff for more information.**