

HOW WE WORK

At The Claremont Club we believe there is a place in Pilates for everyBODY!

What We Offer

- **Privates** – All eyes on you! Personalized training tailored to your needs. (30- and 55-minute sessions available.)
- **Duets** – Train with a partner for motivation and fun. (30- and 55-minute sessions available.)
- **Small Groups** – Find the class that fits you best. (See levels below.)
- **Specialty Workshops** – Offered throughout the year, focusing on specific techniques, movement goals, and Pilates principles.

Small Group Levels

- **Essential** – Focus on fundamentals and building a strong foundation
- **Essential/Intermediate** – Bridge the gap from fundamentals to stronger flow and coordination
- **Intermediate** – Expand strength, control, and technique
- **Intermediate+** – Faster pace with more complex transitions, strength, and endurance
- **Intermediate/Advanced** – Challenge endurance, balance, and coordination
- **Athletic** – High-energy, full-body Reformer focused on strength, stamina, and dynamic movement
- **Specialty Classes** – Designed to target specific needs and movement goals, including **Strong & Active Seniors, Jump!, Feet in Straps, Athletic, Early Burn, and more.**

New to Pilates? Start Here!

Discover Pilates – Complimentary Orientation

Experience the benefits of Pilates in a welcoming, supportive environment with this *complimentary session*. Guided by an expert instructor, you'll be introduced to our studio and equipment while learning the core Pilates principles that make this method so effective.

Reformer 101 – Structured & Progressive 6-Week Series

This small group series is designed for those new to Reformer Pilates. Each week builds on the last, helping you gain confidence, improve strength, and develop a deeper understanding of Pilates movement and technique. By the end of the series, you'll feel prepared to transition into ongoing small group classes.

Reformer 101 Fast Track – Accelerated Reformer Introduction Series

This private, accelerated Reformer introduction is designed to build confidence, teach terminology, and master foundational movements before you join our group classes.

How to Book

- **Small Group Classes** – Are now able to be booked through The Claremont Club App.
- **Privates, Duets, and Reformer 101** – Book by contacting pilates@claremontclub.com
- **Discover Pilates – Orientation** – Book by contacting pilates@claremontclub.com
- **Package Pricing Available** – Save on sessions with discounted package options.

**For details & pricing: Contact pilates@claremontclub.com
Studio Manager: Dare Kelley – (909) 625-6791 ext. 266**