NOVEMBER 2026
PILATES SGT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00 AM *NEW SUNRISE CIRCUIT INTERMEDIATE/ADVANCED JEN		7:00-8:00 AM ATHLETIC JEN*		8:00-9:00 AM ESSENTIAL/ INTERMEDIATE CECILIA	9:15-9:45 AM ESSENTIAL/ INTERMEDIATE DARE
	7:00-8:00 AM ATHLETIC JEN*	9:00-10:00 AM ATHLETIC DARE	8:30-9:00 AM *NEW ESSENTIAL/ INTERMEDIATE JEN		9:00-9:30 AM INTERMEDIATE BRITNEY	10:30-11:30 AM INTERMEDIATE/ ADVANCED DARE
9:30-10:00 AM FEET IN STRAPS BRITNEY	8:00-8:30 AM INTERMEDIATE ANTIONETTE	10:00-11:30 AM STRONG & ACTIVE SENIORS ESSENTIAL DARE	9:00-9:30AM *NEW REFORMER ROULETTE INTERMEDIATE/ADVANCED JEN	9:30-10:30 AM ATHLETIC DARE	10:00-11:00 AM JUMP! INTERMEDIATE DARE 11/7 AND 11/21 ONLY	
	8:30-9:00 AM RESTORATIVE BRITNEY*	10:30-11:00 AM ESSENTIAL/ INTERMEDIATE DARE	9:30-10:30 AM INTERMEDIATE/ ADVANCED BETHANY	11:00-11:30 AM STRONG & ACTIVE SENIORS ESSENTIAL DARE		
	9:30-10:30 AM INTERMEDIATE/ ADVANCED BETHANY	11:00 AM-12:00 PM ESSENTIAL/ INTERMEDIATE BETHANY	12:00-12:30 PM FEET IN STRAPS BRITANY	12-12:30 PM ATHLETIC EXPRESS DARE		
				1:00-1:30 PM ESSENTIAL/ INTERMEDIATE DARE		
				5:00PM-6:00PM PILATES HAPPY HOUR DARE FIRST FRIDAY ONLY *11/6		
3:00-3:30PM *NEW ESSENTIAL/ INTERMEDIATE CECILIA						
3:30 PM *NEW TIME TRX PILATES ESSENTIAL/INTERMEDIATE CECILIA	3:00-3:30PM *NEW ESSENTIAL CECILIA		5:00PM-5:30PM ESSENTIAL/ INTERMEDIATE DARE			
			5:30-6:00 PM HAPPY HIPS DARE			
5:00-5:30 PM ESSENTIAL/ INTERMEDIATE CECILIA	5:00-6:00 PM *NEW TIME INTERMEDIATE++ DARE		6:00-7:00 PM INTERMEDIATE++ DARE			
	6:00-6:30PM *NEW REFORMER ROULETTE INTERMEDIATE/ ADVANCED JEN					

All small group classes are now booked through The Claremont Club App.

Please check the app for class details, availability and scheduling

There is a place in Pilates for everyBODY. Selecting a class that matches your skill level and abilities will help create the best experience for you and your group.

Classes are available in 30-minute and 60-minute sessions.
* Important: If registering for a 60-minute class, you must book both 30-minute timeslots in the app.

PRICING STARTS AT $27/CLASS.

ENJOY EXCLUSIVE PRICING WHEN YOU BUY A PACKAGE
Email pilates@claremontclub.com to get started

ALL CLASSES ARE LOCATED IN THE PILATES STUDIO*
(AQUA PILATES/ H20 FLOW ARE LOCATED IN FAMILY POOL)

SCAN ME

FOR CLASS DESCRIPTIONS AND SCHEDULE UPDATES

CONTACT

pilates@claremontclub.com
(909) 625-6791 ext. 266

HOW WE WORK

At The Claremont Club we believe there is a place in Pilates for every**BODY**!

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