NOVEMBER 2026

WELLNESS SGT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 10:30 AM KETTLEBELL, CALISTHENICS & CORE JAY POWER PLATE STUDIO					
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	2:30-3:00 PM FOUNDATION TRAINING YVETTE POWER PLATE STUDIO			3:30 - 4:00 PM FOUNDATION TRAINING YVETTE POWER PLATE STUDIO	
		5:30 - 6:00 PM STRENGTH AND CONDITIONING JAY POWER PLATE STUDIO			
6:00 - 6:30 PM STRIKE ZONE BOXING COACH LEON QUEENAX STUDIO			6:00 - 6:30 PM POWER PLATE ANDREA POWER PLATE STUDIO	6:00 - 6:30 PM STRIKE ZONE BOXING COACH LEON QUEENAX STUDIO	

WORKSHOPS

STRESS LESS, LIVE MORE BY DR. W. RASHIDI
TUESDAY, NOV 10
5:30PM-6:30PM
CONFERENCE ROOM
$10 MEMBER
$20 NON-MEMBER
SIGN-UP VIA APP OR EMAIL
JRAJA@CLAREMONTCLUB.COM

PLEASE CONTACT 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.