

GROUP EXERCISE SCHEDULE - MAY 2021

THE CLAREMONT CLUB
1777 MONTE VISTA AVE.
CLAREMONT, CA 91711
909-625-6791

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:15 AM begins 5-10 BODYPUMP - BC ANTIONETTE	5:45 - 6:30 AM AM RUSH - CC JORDAN	06:00-6:45 AM CYCLE - CY AMBER	5:45 - 6:30 AM AM RUSH - CC JORDAN	06:00-6:45 AM CYCLE - CY CHERRY		
6:15- 6:45 AM begins 5-10 LM CORE - BC ANTIONETTE		6:00 - 6:45 AM YOGA - CT EMILY		6:00 - 6:45 AM YOGA - TP EMILY		
7:15 - 8:15 AM ZUMBA - CC MERI	8:30-9:30 AM begins 5-11 BODYPUMP-LM CORE-BC JENSS	8:00 - 8:45 AM ACTIVE - TP MARIA		8:00 - 8:45 AM ACTIVE - TP JILL	8:00 - 8:45 AM CYCLE - OP DONALD	8:30 - 9:15 AM UJAM - CC TAIPAI
8:30 - 9:15 AM BOOTCAMP - CC ANTIONETTE	8:30 - 9:15 AM ZUMBA - CC ANTIONETTE		8:30 - 9:15 AM BOOTCAMP - CC JULIE	9:00-9:45 AM BODYCOMBAT-TP MICHELLE B	8:00 - 8:45 AM AQUA FIT - FP ANTIONETTE	9:00 - 9:45 AM CYCLE - CY CHERRY
9:00- 9:45 AM CYCLE - CY DONALD	8:30 - 9:15 AM AQUA FIT - FP MICHELE T	9:00 - 9:45 AM CYCLE - CY AMY	8:30 - 9:15 AM AQUA FIT - FP MICHELE T	9:00 - 9:45 AM CYCLE - CY GEORGE	8:30 - 9:15 AM ZUMBA - CC RUDY	9:30 - 10:15 AM PILATES - TP SARAH S
9:30 - 10:30 AM YOGA-TP DEVIN	9:30 - 10:15 AM AQUA FIT - FP ANTIONETTE	9:30 - 10:30 AM YOGA-TP SARAH	9:30 - 10:15 AM AQUA FIT - FP DENISE	10:00 - 10:45 AM BODYSHOP - TP DENISE	9:00-10:00 AM BODYPUMP-BC begins 5-8 CHERRY	10:30-11:15 AM BODYSHOP-TP CHERRY
11:00 - 12:00 PM YOGA - TP SARAH		11:00 - 12:00 PM YOGA - TP TRACY B		11:00 - 12:00 PM YOGA - TP GENEVIEVE	9:00 - 9:45 AM CYCLE - CY JOJO	11:30 - 12:30 PM YOGA - TP GENEVIEVE
	4:30-5:15 PM PILATES -TP BONNIE		4:30-5:15 PM PILATES -TP BONNIE	11:00 - 11:45 AM AQUA FIT - FP LINDA	9:30 - 10:30 AM VINYASA YOGA - CC ELIZABETH	
6:00 - 6:45 PM CYCLE - CY GEORGE		6:00 - 6:45 PM CYCLE - CY GEORGIA			10:00 - 10:45 AM AQUA FIT - FP LINDA	
6:00 - 6:45 PM BOOTCAMP - CC MICHELE T		6:00 - 7:00 PM begins 5-12 BODYPUMP/LM CORE-BC MICHELLE B		5:30-6:15 PM BODYSHOP-TP TRACY		
7:00 - 7:45 PM CYCLE - CY AMY	6:00 - 6:45 PM BODYCOMBAT - BC RUDY		6:30 - 7:15 PM ZUMBA - CC ROWENA			
7:00 - 7:45 PM ZUMBA - CC PATRICIA	6:30 - 7:30 PM VINYASA YOGA - CC ELIZABETH	7:00 - 7:45 PM YOGA - TP ERIN				

Reservations are required for all classes.

CLASS LOCATION
CENTER COURT - CC
COURTYARD - CY
TENNIS PAVILLION - TP
FAMILY POOL - FP
OLYMPIC POOL BALCONY - OP
BASKETBALL COURT - BC

GROUP EXERCISE CLASS DESCRIPTIONS

Zumba: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

U-JAM: Combining the energy and grittiness of urban dance with fitness, U-Jam brings the party to every class. Expect funky, adrenaline-based urban beats from around the world with easy-to-follow dance moves so that everyone can get their Jam on.

Yoga: No matter your fitness goals or workout routine Yoga is for every" body"! This class combines postures that coordinate with the breath and are performed at a gentle pace allowing time to be present and provide the opportunity to improve strength, flexibility, stability, alignment, and balance.

Active: This class is the perfect mix of cardio, strength, balance, and core. If you are just starting an exercise program, getting back to it, or want a class that will continue to keep you fit for an active life, then this is for you.

BODYCOMBAT®: We strike, punch and kick, but without contact. Participants get their whole bodies fit and strong, burn massive calories,

Vinyasa Yoga: A series of postures, one flowing seamlessly into the next, uniting body, mind, and breath, designed as a moving meditation. This class creates the opportunity to become stronger, more flexible, and balanced while practicing being present in the moment.

Cycle: Join us under the Oaktrees for this challenging and fun class on our Keiser bikes. Not only will you get an awesome cardio workout, but you will build endurance, strength, power and mental fortitude. Many types of terrains are simulated during your ride. SPD clips are needed for cycling shoes, but cycling shoes are not required to participate.

Outdoor Bootcamp: Join us at Center Court for a blended cardio and strength workout. We use weighted and body weight exercises that are sure to challenge every level of fitness.

Pilates: Mat Pilates helps build muscular endurance, balance, body awareness, core strength, and flexibility for all fitness levels. Small props will be used for standing and mat exercises. Participants should be able to get up and down off the floor independently.

LES MILLS CORE®: 30-minute class that mixes bodyweight exercises along with resistance tubing and plates to train the muscles of the core.

Bodyshop: Join us each week under the tennis Pavilion for new exercises each week to keep your body guessing. Intervals of bodyweight, free weight, balance and core mixed with combinations of resistance training. Varying types of equipment used. This is a fun and effective class for all levels.

AM-Rush: Join us early for the early morning high energy class on Center Court. Strength, endurance, cardio, core and community. The goal is to challenge you where you are at and keep you moving forward on your path to fitness.

Aqua Fitness: Water is the fitness equalizer. Using the resistive and buoyant properties of the water, this class will help to improve your muscular and cardiovascular endurance, core strength and range of motion. Perfect class for all levels!

Cardio Kickboxing: A high energy cardio workout where we strike, punch and kick without contact. Combining a mix of martial arts and athletic conditioning.

BODYPUMP®: is a barbell class based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body.

