



THE  
*Claremont Club*

**JULY**

PLEASE CONTACT  
DJOHNSON@CLAREMONTCLUB.  
COM FOR PACKAGE PRICING.

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

ALL CLASSES ARE LOCATED IN THE  
POWER PLATE STUDIO

## SMALL GROUP TRAINING SESSION SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00-9:30 AM <b>POWER PLATE</b> MICHELLE B.		
10:00-10:30 AM <b>TRX &amp; WEIGHTS</b> MICHELE T.		10:00-10:30 AM <b>TRX &amp; WEIGHTS</b> MICHELE T.	11:00-11:30 AM <b>BALANCE</b> ANNE	10:00-10:30 AM <b>TRX &amp; WEIGHTS</b> MICHELE T.
6:00-6:30 PM <b>POWER PLATE</b> MICHELLE B.			6:00-6:30 PM <b>POWER PLATE</b> ANDREA	