



SEPTEMBER

PLEASE CONTACT
DJOHNSON@CLAREMONTCLUB.
COM FOR PACKAGE PRICING.

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

SMALL GROUP TRAINING SCHEDULE Premiere Week 9/20-9/24 New Clients Try an SGT for FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:30-9:00 AM INTENSITY JORDAN POWER PLATE STUDIO
10:00-10:30 AM TRX & WEIGHTS MICHELE T. POWER PLATE STUDIO	10:00-10:30 AM BUTTS & GUTS - NEW JILL POWER PLATE STUDIO	9:00-9:30 AM POWER PLATE MICHELLE B. POWER PLATE STUDIO		10:00-10:30 AM TRX & WEIGHTS MICHELE T. POWER PLATE STUDIO
	10:30-11:00 AM BOXING - NEW MICHELE B. QX STUDIO	10:00-10:30 AM TRX & WEIGHTS MICHELE T. POWER PLATE STUDIO	11:00-11:30 AM BALANCE ANNE POWER PLATE STUDIO	
6:30-7:00 PM BOXING - NEW MICHELLE B. GX STUDIO			6:00-6:30 PM POWER PLATE ANDREA POWER PLATE STUDIO	
7:00-7:30 PM STRETCH/MASSAGE/RECOVER MICHELLE B. POWER PLATE STUDIO				

YOUR FIRST CLASS IS FREE! Contact Denise Johnson to get started djohnson@claremontclub.com.

Special Back from Hibernation Rates (use your sessions for any SGT) - 6-30 minute package \$120 or 8-30 minute package \$144

BALANCE - Improve your balance and coordination with easy to learn body weight exercises, Bosu Ball, and other small equipment.

BOXING - Sculpt, tone and build your body to its peak performance. Incorporate bag work, shadow boxing, agility drills, and core strengthening exercises.

BUTTS & GUTS - Focus specifically on developing strong, powerful lower body and core muscle groups by using various types of resistance training techniques.

inTENSity - Get lean, get tone, get strong in this high inTENSity workout! TEN exercises, TEN rounds, TEN reps each. This cross-training workout will not only change you, but transform the way you look.

POWER PLATE - Challenging, fast-paced class designed to improve strength and increase cardio endurance. No class is ever the same twice.

Power Plate Stretch/Massage/Recover - Post workout or game recovery utilizing the vibration of the Power Plate machine to massage in combination with stretching both on and off the plate.

TRX & WEIGHTS - Incorporates the TRX suspension systems and free weights for a great strength workout.