

THE CLUB AT THE CLAREMONT RESORT | Group Exercise Studio FALL 2011 Schedule | Effective 10/03/11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:55am IN-CYCLING* (A) Maria	5:00-5:55am IN-CYCLING* (A) Maria	5:00-5:55am IN-CYCLING* (A) Maria	5:00-5:55am IN-CYCLING*(A) James	5:00-5:55am IN-CYCLING* (A) James	7:00-8:20am ACTIVE YOGA (L2) Danielle	8:00-8:55am IN-CYCLING* (L2,3) Reichi
6:00-6:55am IN-CYCLING* (L2,3) Maria	6:00-6:55am IN-CYCLING* (L2,3) Maria	6:00-6:55am IN-CYCLING* (L3) Maria	6:00-6:55am IN-CYCLING*(L2,3) James	6:00-6:55am IN-CYCLING* (L2,3) James	8:00-8:55am IN-CYCLING* (L 2) Reichi	8:00-9:10am VINYASA YOGA (L2) Abby
7:00-7:55am*** IN-CYCLING* (L1, 2) Melanie	6:15-7:25am ACTIVE YOGA (L2) Barbara	6:15-7:25am VINYASA YOGA (L2,3) Ai	6:15-7:25am VINYASA YOGA (L 2,3) Mark	8:00-8:30am BOSU EXPRESS* (L2) Sandra	8:30-9:25am PILATES MAT (F.I.T.) (A) Sarah K.	9:00-9:55am IN-CYCLING* (A) Karle
8:00-8:55am YOGA BASICS (L2) Lisa	7:15-8:00am INTENSITY RIDE* (L2) Maria	7:00-7:55am*** IN-CYCLING* (L2,3) Maria	7:00-7:55am VIDEO CYCLE* (A) James	8:30-8:55am CORE CHALLENGE (A) Sandra	8:30-9:25am BOSU TOTAL WORKOUT* (A) Caroline	9:15-10:10am PILATES FUSION (A) Bryon
9:00-9:55am VIDEO CYCLE* (L2) James	8:35-9:30am FITBALL CHALLENGE* (L2) Sue	8:00-9:00am 30-20-10* (A) Sandra	8:30-9:25am PILATES MAT (L2,3) Chrissy	9:00-9:55am PILATES ON THE BALL* (L1) Judith	9:15-10:10am IN-CYCLING* (L2,3) Reichi	9:30-10:25am AQUA (A) Heidi
9:00-9:55am (New!) YIN YANG CONDITIONING(A) Melanie	9:35-10:35am YOGA BASICS (L2) Sarana	9:00-9:55am BOSU TOTAL WORKOUT* (L2) Caroline	9:30-10:55am ACTIVE YOGA (L2,3) David M.	9:00-9:55am IN-CYCLING* (L2) Karle	9:30-10:25am WORLD RHYTHMS (A) Ali	10:30-11:40am*** LONG RIDE* (L2,3) Younes
9:45-10:40am AQUA (A) Erica	9:45-10:40am AQUA (A) Dori	10:00-10:55am DANCE FITNESS (L2) Chrissy	9:45-10:40am AQUA (A) Shelly	10:00-10:55am IN-CYCLING* (A) James	10:30-11:25am BODY SCULPT (L2) Caroline	11:05-12:00pm (New!) ZUMBA® Lisa S. Begins 10/16
10:00-10:55am DANCE FITNESS (L2) Chrissy	10:00-10:55am IN-CYCLING*(L1) Janet	10:00-10:55am IN-CYCLING* (L1,2) Amy	10:00-10:55am IN-CYCLING* (L1,2) Amy	10:00-10:55am (New Time) DANCE FITNESS (A) Chrissy	11:00-11:55am IN-CYCLING* (A) Karle	12:05-12:30pm (New!) CORE CHALLENGE (A) Lisa S.
10:00-10:55am VIDEO CYCLE* (A) James	10:45-12:00pm RESTORATIVE YOGA (A) Sally	12:00-12:55pm FIT MAMA (A) Caroline	11:00-12:00pm YOGA BASICS (A) Beth	11:00-11:55am CARDIO SCULPT*** (A) Deb	11:35-12:55pm YOGA (L2,3) Herdis	12:35-1:00pm (New!) EXPRESS CONDITIONING (A) Lisa S.
11:00-11:55am IN /OUT CARDIO SCULPT (A) Caroline	12:05-1:00pm*** ZUMBA® (A) Katy/Lisa	6:00-7:25pm YOGA ASANAS (L2,3) Autumn	1:05-1:55pm CORE FLOW FITNESS™ (A) Janet	4:00-5:25pm YOGA BASICS (L1) Lisa	1:00-2:25pm YOGA BASICS (L1) Autumn	4:30-5:25pm RESTORATIVE YOGA (A) Beth
4:00-4:55pm YOGA BASICS (L1,2) Margaret	1:05-2:00pm CORE FLOW FITNESS™ (A) Janet	6:00-6:55pm IN-CYCLING* (L2,3) Younes	4:00-5:25pm INTERMEDIATE YOGA (L2) Margaret	5:00-5:55pm*** IN-CYCLING* (L2,3) Younes		
4:30-5:25pm IN-CYCLING* (A) Sandra	4:00-5:10pm YOGA BASICS (A) Otto	6:00-6:55pm*** AQUA FIT (A) Heidi	6:00-6:55pm WORLD RHYTHMS (A) Ali			
5:00-5:25pm PRANAYAMA (A) Margaret	5:15-6:10pm (New!) ZEN FIT (A) Otto		7:30-8:25pm A.I. STRETCH (A) David P.			
5:30-6:25pm YOGA ASANAS (L2,3) Margaret	5:30-6:55pm LONG RIDE* (L2) Karle					
6:30-7:25pm*** PILATES FOR WINTER CONDITIONING (A) Abby	7:30-8:25pm A.I. STRETCH (A) David P.					

INDIVIDUALIZED SOMATICS TRAINING
Available by calling the Club Front Desk at 510.549.8517.
Advanced reservations are highly recommended.

- Mind & Body
- Cardio & Strength
- Yoga
- Cycling
- Specialty Workshops

* In-Cycling, BOSU and Pilates on the Ball classes require advanced reservation by calling 510.549.8517 after 8:00am one day prior to class. Class levels: L1=LEVEL 1 (Beginners); L2=LEVEL 2 (Intermediate); L3=LEVEL 3 (Advanced); A=ALL LEVELS. ** Fee based specialty workshops that require advanced registration by calling 510.549.8517. Classes are subject to change including instructors' substitution. For a weekly schedule refer to the schedules posted at each studio. Substitute instructor's names are capitalized and underlined. (F.I.T.) Class held in the Functional Integrated Training Studio. ***Seasonal class. Fall schedule 10/03-01/01/12.

