

LIFETIME FITNESS

The Club's fitness training team focuses on the overall wellness of the mind and body and believes that individuals must first and foremost be comfortable with themselves, inside and out. We measure our success not just by the number of pounds lost but by how our guests measure their self-worth.

Employing top-rated fitness instructors, trainers and athletes – all certified in their specific fields – The Club at The Claremont provides expert instruction in a wide variety of activities including Yoga, Pilates, H.I.I.T. Training, Z-Health®, Strength & Rehabilitative Training, Pre/Post Natal and Cancer Specialist exercise programs.

Somatics Training (Club Members)

Single Session, 50 minutes: \$110

Single Session, 80 minutes: \$165

Duet Single Session 50-minutes: \$160 (\$80/client)

Duet Single Session 80-minutes: \$210 (\$105/client)

3-Person Single Session 50-minutes: \$216 (\$72/client)

3-Person Single Session 80-minutes: \$282 (\$94/client)

4-Person Single Session 50-minutes: \$244 (\$61/client)

4-Person Single Session 80-minutes: \$300 (\$75/client)

Somatics Training (Hotel/Spa Guests)

Single Session, 50 minutes: \$160

Duet Single Session, 50 minutes: \$220 (\$110 per client)

Safe Lifter Program (Club Members Only)

4 Sessions Minimum, 50 minutes: \$110/each

Available to ages 14 and 15 years old.

Please refer to Safe Lifter Information and Applications at the Club Reception Desk or by email at CLAClub@Fairmont.com

Restorative Bodywork* (Club Members)

Single Session, 50 minutes: \$120

Single Session, 80 minutes: \$180

Restorative Bodywork* (Hotel/Spa Guests)

Single Session, 50 minutes: \$175

Single Session, 80 minutes: \$265

Sports Performance Coaching* (Club Members)

Single Session, 50 minutes: \$120

Sports Performance Coaching* (Hotel/Spa Guests)

Single Session, 50 minutes: \$175

Z-Health* (Club Members)

Introductory Session, 90 minutes: \$165

Subsequent Single Session, 75 minutes: \$120

Z-Health* (Hotel/Spa Guests)

Introductory Session, 90 minutes: \$210

Subsequent Single Session, 75 minutes: \$175

Available services for Somatics Training (based on availability)

Strength & Conditioning, H.I.I.T. Training, Indoor Cycling, Barre Technique, Salsa, Yoga, ZUMBA®, Meditation, Pilates, Tai Chi/Qigong, Therapeutic Stretch.

* See separate Specialized Somatics Training brochure for more information.

RESERVATIONS & BILLING POLICY

Advanced reservations are highly recommended

Credit and refunds for unused sessions already purchased will be applied upon member request

All credits will be applied to member account

Please honor 24-hour cancellation policy to avoid full charges to member account or credit card

For more information, call 510.549.8517 or CLAClub@Fairmont.com
fairmont.com/claremont-berkeley

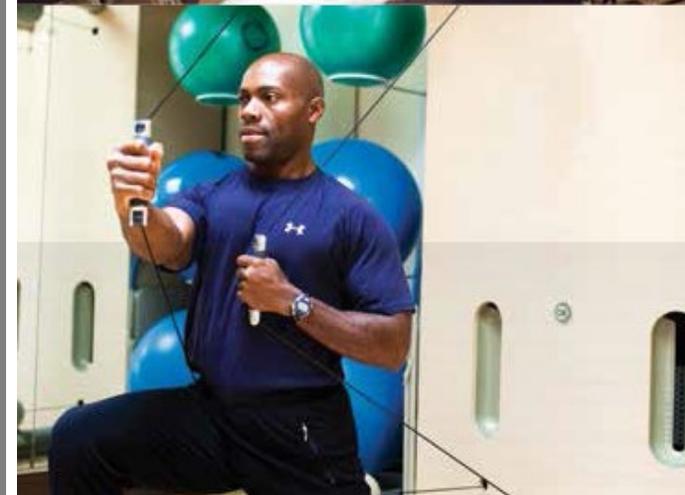


THE CLUB

AT THE CLAREMONT

Somatics Training at the Club

An Investment in Your Wellness



OUR SOMATICS PRACTITIONERS



Adesoji "Soji" Odukogbe

A professional certified somatic trainer from Health and Fitness Institute Hayward, California. Soji enjoys working with all levels of training, through core strength, cardiovascular, plyometrics, and balance through functional training.



Birgitte Rohrbach

A native from Denmark, Birgitte has over 20 years of experience in fitness, dance and gymnastics. She focuses her work in Pilates, strength training, balance and flexibility. She also teaches a variety of classes from Indoor Cycling, Cardio and TBC Conditioning, Pilates and elements of Barre and Ballet.



Caroline Marringa

Caroline is an innovative total Wellness Professional with over 30 years of experience. She blends Fit Life coaching with instruction in Cardiovascular Health, total body Strength and Agility training, Core Conditioning, Pre/Post Natal training and Nutritional Consulting to support her clients in achieving their Personal Best year after year!



Charles Borg

Charles has had a passion for fitness and body wellness for many years. After several years as an All-Star Minor League football player, he went on to receive his Performance Enhancement Certification from The National Academy of Sports Medicine in 2015. Charles aims to create a fun-filled regimen and utilize his motivational skills to help you attain your health and fitness goals.



Cindy Snyder

Cindy's emphasis is on core strength and stability. Combining her background in strength training, powerlifting and yoga, she uses progressive training techniques that constantly challenge the body and works to integrate fitness with the modern lifestyle. Cindy is certified by NASM, AFAA and Olympic Weightlifting, with Specializations in Cardiovascular Fitness and Human Movement Science.



Daniel Kamenetzky

Daniel brings 35 years of experience in the sports industry working with competitive and recreational athletes of all ages in the areas of training design, numerical performance analysis and rehabilitation. His multidisciplinary approach allows offering his clients with a unique perspective towards higher levels of performance, return to competition after injuries and pain management solutions. In addition to his studies in biology, physical education, kinesiology, business, and sports analytics, he has an extensive history coaching athletes/teams from different sports as soccer, tennis, swimming, rugby, baseball, basketball, among others. Currently, Daniel is also involved in two startups that he has founded to provide youth sports organizations curriculum design, coaching/parents education and training methodology.



Gerson Soares

Gerson holds a B.S. in Physical Education with specialties in weight training, functional training, mobility and stretching. In addition, he has been swimming since early age and highly encourages athletes to incorporate dry-land training in their swim workouts. Gerson's main focus is to exercise with safe technique and prevent injuries.



Janet Welsh

With a keen eye for postural imbalance and movement efficiency Janet's focus is on agility. Athleticism and finding ways to a fuller range of motion and less pain are key. Creating ways to be and stay active are of foremost importance. Janet is a dancer, choreographer, and creator of Core Flow Fitness™, a fitness system blending elements of Dance, Pilates, Yoga and Bodywork. She received her MFA in Dance from Mills College in 2000 and her BFA in Dance from Cal Arts in 1982.



Karle Fried

Karle Jordana Fried grew up in the Detroit Suburbs playing sports (soccer and tennis) and later found passion in coaching and personal training. Karle specializes in using proper form in Weight Training, Cardio & Strength and Core Fundamentals including abs, posture, balance and flexibility. She has extensive knowledge in stretch, flexibility, foam rolling and rehab. Karle is a Certified Cancer Exercise Specialist as well and enjoys working with all age groups and all fitness abilities. Karle has Certifications from ACSM, AFAA, Master Spinning Cycle, Barre, TRX, HIIT - Tabata Strength and Pilates Mat. Karle is most happy helping others find their inner, outer strength and learning better body awareness in posture, core and strength.



Maria Cruz

Maria has been with the Club for over twenty years. A veteran of the fitness industry since 1987, she has coached numerous individuals in preparing for various events from triathlons and the California AIDS Life Cycle to the infamous the Death Ride which she has completed multiple times herself. After serving as the Wellness Director at both the Oakland and Berkeley Y's for over a decade, Maria recently made a change in her career to once again focus full time on teaching group fitness classes and working with private clients.



Paul Ciske

The purpose of his work is to be of service in assisting others attain an improved state of Well-Being that allows for an increased capacity to perform life, recreational, and sport activities of their choosing. This is accomplished through: re-balancing techniques for the body's neural and muscular systems, movement training, Health and Wellness coaching, the work of Leadership/Conscious Embodiment and T'ai Chi Chih – Joy Through Movement.



Sally Hicks

Sally has been a Somatic practitioner at the Claremont since 2000. After a trip to India in 1995 she was inspired to study Yoga and completed the Advanced Yoga Studies Program with Rodney Yee in 1996 that changed her life. She has been teaching Pilates since 1997 and studied orthopedic massage in 1999. Sally integrates Pilates, Yoga, cardiovascular and strength training, flexibility and massage in her sessions for all fitness levels.



Sandra Linke

Sandra has been with the Claremont since 1995. She teaches Pilates, weight training, Spin, stretching and Yoga. With a B.A. in Physical Education from UC Berkeley and her MA in Holistic Health and Education from JFK University. As a certified Nutrition Consultant, Sandra incorporates breath work, core and cardiovascular training, muscular conditioning, flexibility and body work into her sessions and classes and encourages individuals to develop awareness into their own body's internal rhythms.



Tina Long

Tina has been a fitness enthusiast for over 30 years and retired from her corporate management job to pursue a career in fitness full-time. After graduating from the Fitness Professional Institute in Maui, Hawaii, she received her personal training certification through ACE, NSCA and NASM. Tina specializes in TRX, kettlebell, boxing, functional, circuit, and high intensity interval training.



Yvette Vloeberghs

Yvette has enjoyed working with clients at the Claremont since 1993. As a Pilate's trainer, Yvette combines her knowledge of massage techniques, including Craniosacral therapy, Reflexology, aspects of biomechanics and Kinesiology to assist her clients in achieving alignment, flow and balance. She enjoys working with her clients on safe and efficient movements where flexibility, strength and control are considered equal partners.