**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, Muscle Activation Techniques® (M.A.T.), Strength & Rehabilitative Training and Pre/Post Natal exercise programs.

**Somatics Training (Hotel/Spa Guests)**

- Single Session, 50 minutes: $135
- Single Session, 80 minutes: $185
- Duet Single Session, 50 minutes: $195
- Duet Single Session, 80 minutes: $325

**Somatics Training (Club Members)**

- Single session $90
- 5 session package: $410
- 10 session package: $780
- Duet Single Session: $134
- Duet (5 session package): $620
- Duet (10 session package): $1,120

**Available services for Somatics Training**

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

**Pilates Reformer/Kinesis Group Classes**

- 4 person/4 Sessions: $560 ($140/person)
- 3 person/4 Sessions: $540 ($180/person)

*Classes based on 4-week series. Requires minimum of 3 participants.*

**Sports Performance Coaching**

- Single Session: $125 Club Members | $150 Hotel/Spa Guests
- 5 Session Package: $500
- 10 Session Package: $925

**Restorative Bodywork**

- Single Session: $115 Club Members | $135 Hotel/Spa Guests
- 5 Session Package: $470
- 10 Session Package: $880

*See separate brochure for more information*

**Safe Lifter Program**

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 claremontfitness@fairmont.com.

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**RESERVATIONS & BILLING POLICY**

- Advanced reservations are highly recommended
- Multiple session discount applies only when book is purchased in advance and completed
- Single session pricing applies if no book has been purchased at time of session
- Credit and refunds for unused sessions already purchased will be applied upon member request
- Sessions already performed will revert back to full pricing or closest offered book
- All credits will be applied to member account
- Books may be shared with family members on same account. Books may also be shared with more than one trainer if in the same price structure
- We will honor purchase price for one year after the purchase date
- Please honor 24-hour cancellation policy to avoid full charges in member account or credit card

For more information, call 510.549.8517 or claremontfitness@fairmont.com

fairmont.com/claremont-berkeley
Adesoji “Soji” Odukogbe – A professional certified personal/somatics trainer from Health and Fitness Institute Hayward, CA, Soji enjoys working with all levels of training, through core strength, plyometrics, cardiovascular and balance through functional training.

Ballu Singh – Ballu has been changing lives for 23 years with focus on functional training, H.I.I.T, strength training and body & mind relaxation. Credentials include Post Graduate in Yoga Specialization, M.S. in Performance Enhancement Specialization (NASM) and Certified Personal Trainer (ISSA).

Caroline Marrina – Caroline is an innovative total Wellness Professional with 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!

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 nearly 30 years of experience as a sports methodologist with expertise in sport biomechanics, testing, training design and sports related injuries rehabilitation. In addition to his studies in biology, physical education and kinesiology, he has an extensive history coaching athletes from different sports such as baseball, football, soccer, rugby, track & field, tennis and swimming among others.

David Moreno – David began practicing yoga in the late 70’s learning the Iyengar and Ashtanga styles of yoga before studying the Anusara and Iyengar methods. He continues his studies in Ayurveda and Tantra, delving deeper into the roots of the yogic tradition. David teaches internationally and has published commentaries on yoga in various yoga journals and periodicals. He has taught world-class athletes, including the men’s swim team coach of the 2008 Olympics. His yoga DVDs are sold through the Club’s retail center.

David Parker – David joined the Claremont in 1998. His primary focus is treating problems that have not responded adequately to conventional approaches. He works to improve body mechanics and reduce injuries through soft tissue mobilization, flexibility and strength training techniques. He was the personal therapist for Daniel Day-Lewis during the filming of Last of the Mohicans and he has worked with artists, classical musicians and athletes of all types.

Erica Luploff – Erica has worked as a psychologist in a private practice and as a fitness instructor over the past 14 years. Her training includes yoga, mobility, resistance training and kettlebell. She has served as a fitness ambassador/blogger to several clothing lines. Originally from Chicago, she is very excited to have relocated to the East Bay.

Heather Baer – Heather is a personal trainer and is certified in Pilates, Gyrotone and Yamuna Body. Heather received her B.A. in Dance from Mills College. She has been with Project Bandaloop, a groundbreaking aerial dance company, since their premiere show in 1991, and has performed on towers, the sides of tall buildings and rock faces around the world. Heather is the director of Fitness in Transit: a gymnastic, dance and climbing program.

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 is most happy coaching, guiding and helping other find their inner and outer strength. Karle’s certifications include Group Fitness (ACSM), Personal Training (AFAA) and Master Spinning Instructor (Mad Dogg Athletics). She enjoys encouraging clients and students to help them find their inner strength through various modalities such as H.I.I.T. Training, Core Conditioning, Foam Rolling Stretch and Strength.

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Larisa “Lara” Goldman – Lara is a former figure skater from the Ukraine where she worked for the Federation of Bodybuilding training female fitness competitors. Her clientele is diverse – from those with injuries, diabetes, high blood pressure, stroke and Parkinson’s disease – to those with more modest personal goals. She has a degree in fitness from the Sport College of Ukraine and specializes in strength & balance, functional conditioning and core & flexibility training. Her favorite workout is plyometrics.

Margaret Fisher – Margaret has been with the Claremont since May 1989, and has over 40 years teaching experience of Hatha Yoga. She has Masters and Doctoral degrees from U.C. Berkeley (Performance Studies) and certification in Hatha Yoga & Advanced Pilates (FITOUR). She specializes in pranayama, building core strength and vinyasa. Her yoga teachers include Baba Hari Das, Himalayan School of Yoga, Penelope Nield-Smith, Donald Moyer and Mary Lou Weprin. She studied Ashtanga Yoga with Duncan Wong.

Paul Ciske – Paul received his Ph.D. from the University of Michigan in physiology where he studied the effects of chronic stimulation on muscle regeneration. He is ACSM certified as both an Exercise Specialist and Program Director. He is the only Master level certified Muscle Activation Techniques® (MAT) Specialist in Northern California. He is also a level 4 Z-Health® Certified Professional Trainer.

Sally Hicks – Sally has been a Somatics 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. She has earned her 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, both at the Spa and at the Club, since 1993. As a Pilate’s trainer, Yvette combines her knowledge of massage techniques, including Craniosacral therapy, Reflexology, aspects of bio-mechanics 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.