

The Cub at the Claremont | Group Exercise Class Schedule November 23-29, 2020

| Monday, 11/23 | Tuesday, 11/24 | Wednesday, 11/25 | Thursday, 11/26 | Friday, 11/27 | Saturday, 11/28 | Sunday, 11/29 |
|--|--|--|--|---|-------------------------------------|---|
| 8:30am-9:25am CYCLING Maria | | | HOLIDAY SCHEDULE  CLUB HOURS: 7:00am to 5:00pm | 8:30-9:25am BARRE PLUS KARLE (sub) | | |
| 10:00-10:45am | 9:00-9:55am | 8:30-9:25am | | | 9:30-10:25am | 10:00-10:45am |
| AQUA H.I.I.T. Erica | YOGA FOR EVERYDAY Shelly | CYCLING Maria | | | YOGA FOR EVERYDAY Shelly | AQUA H.I.I.T. Heidi |
| | 10:00-10:45am AQUA Shelly | 10:00-10:55am (new) CORE FLOW FITNESS™ Janet | | | 11:00-11:55am CYCLING Karle | 11:00-11:55am CYCLING Maria |
| 12:00pm-12:55pm YOGA FOR HEALTHY JOINTS Shelly | | | | 11:00-11:55am IN-CYCLING Maria | 12:30-1:25pm NIA Shelly (sub) | 12:30-1:25pm CARDIO DANCE FITNESS Lisa (sub) |
| | 12:00-12:55pm BODY CONDITIONING Sandra | 12:00pm-12:55pm PILATES FUSION Sandra | 10:00-10:45am | | | |
| | | | 12:30-1:25pm BARRE, CORE & STRETCH Karle | | | 3:30-4:25pm SLOW FLOW Shelly |
| 4:00-4:55pm (new) CYCLING Lisa F. | | | 2:00-2:55pm CYCLING Karle | 4:00-4:55pm (new time) YOGA FOR EVERYONE Shelly | | |
| 5:30-6:25pm CARDIO DANCE FITNESS LISA (sub) | 5:30-6:25pm IN-CYCLING Sandra | 6:00-6:45am AQUA H.I.I.T. Heidi | | | | |



CLAREMONT CLUB & SPA
A FAIRMONT HOTEL

INDIVIDUALIZED SOMATICS TRAINING

Available by calling the Club Front Desk at 510.549.8517 and filling out an inquiry form. Advanced reservations are required.

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| Cardio & Strength |
| In-Cycling |
| Mind & Body |
| Yoga |
| Special Hotel Class |

ALL classes require advanced reservation by calling 510.549.8517 after 8:00am one day prior to class. Reservations hours between 8:00am and 7:00pm Monday through Friday and 9:00 to 5:00pm Saturday and Sunday. For your safety and consideration of other students, please arrive 15 minutes before class to register with the instructor.

GROUP EXERCISE CLASS DESCRIPTION

- **Aqua Fit/Aqua Aerobics** – This vigorous and refreshing class combines movements in deep and shallow water for strength, toning and cardiovascular training, using the natural buoyancy and resistance of water.
- **Aqua H.I.I.T.** – Take your aqua aerobics class to the next level! This class is designed with high intensity intervals followed by a lower intensity interval rest period. A great training method to increase metabolism and help break through your training plateau.
- **Barre, Core & Stretch** – A fun and effective whole body workout utilizing elements and principles of Ballet and Pilates that increases strength, balance, endurance and improves body alignment.
- **Body Conditioning** – An efficient and challenging class that incorporate various exercises and drills to sculpt lean muscles, strengthen your core, and improve balance as well as your cardiovascular health.
- **Bolly-X Dance Fitness** – A Bollywood-inspired dance-fitness program that combines exhilarating choreography and intensive workouts with upbeat music from around the world. The 50-minute cardio workout cycles between higher- and lower-intensity dance sequences to deliver a total body workout.
- **B3!** – A challenging yet multi-level class featuring a blend of BOSU, Ball, Barre Conditioning exercises integrating strength and toning, balance, core work, flexibility and FUN!
- **Cardio Dance Fitness** – Enjoy a fun, upbeat, heart-pumping dance class to tunes ranging from South African music to Earth, Wind, and Fire. All moves can be modified according to your comfort level.
- **Core Flow Fitness™** – A blend of Ballet, Pilates and Yoga techniques, this class focuses on core conditioning concepts as they are applied to moving through space in class as well as in our daily lives.
- **Cycling** – Strengthen your cardiovascular capacity and burn maximum with this fun and challenging workout on specially designed stationary bikes. Class combines high intensity sprints and uphill climbs...guaranteed to raise your heart rate!
- **Deep Stretch & Core** – Class includes a series of deep stretching exercises through yoga style poses and core work.
- **FitBall Challenge** – A fun and challenging total body workout infusing fitballs, squishy balls, barre training and weights. Improve posture, balance, and core strength. Excellent cross training for any athletic endeavor.
- **NIA** – Nia is a cardio dance/movement class. It involves dance, martial arts, and free form open dance. Nia is uplifting, super fun and has great music. Be prepared to sweat! No experience necessary. Please wear clothes that allow you to move. A sarong is fine as long as you will be able to deliver a powerful kick comfortably.
- **Slow Flow** – This class is appropriate for both newer and more seasoned yogis. Many variations will be offered and class will move at a slower more mindful pace. This class will end with a very restful pose to take you into the new week. All levels welcomed.
- **Pilates Fusion/Pilates Roller + Stretch** – A full body workout integrating the principles of Pilates mat work, standing strength, alignment & balance exercises, as well as flexibility and fluid movement. Foam roller to be applied for stretching.
- **Yoga for Everyone** – Class geared toward a basic yoga practice beginning with gentle warm up stretches and an emphasis on alignment, balance, breath and strength.
- **Yoga for Healthy Joints** – Each week will focus on open and strengthening one of the major joints of the body. This class will be both therapeutic and challenging in order to build and improve mobility and stability.
- **West-African Dance** – A fun and dynamic dance class inspired by West-African movements. Move to the beat of the drums and let the energy bring you joy, stamina and a fantastic aerobic workout!
- **ZUMBA®** – A Latin inspired cardio-based program combining international music and dance steps that is open to all levels. Designed for everyone, every shape and age. Bring low tread athletic shoes or dance sneakers.

❖ **New students:** Inform the instructor of any injuries or if you need assistance with equipment. Always bring a bottle of water to class and remember to drink water before and after exercising.

***Not a regular class.**