



CLAREMONT CLUB & SPA
A FAIRMONT HOTEL

Indoor Fitness Center

The Indoor Fitness Center hours are 6:00 a.m. to 8:00 p.m. Monday – Friday; and 9:00 a.m. to 5:00 p.m. Saturday & Sunday. Open to ages 16 and older.

Monday – Friday

6:30am-7:30am

8:00-9:00am

9:30-10:30am

11:30am-12:30pm

1:00-2:00pm

3:00-4:00pm

5:00-6:00pm

6:30-7:30pm

Weekends

9:30-10:30am

11:00am-12:00pm

12:30-1:30pm

2:00-3:00pm

4:00-5:00pm

Club Hours:

Monday through Friday 6:00 a.m. to 8:00 p.m.

Saturday and Sunday 9:00 a.m. to 5:00 p.m.

Reservations:

Advanced reservations are required to engage in any Club activity. To make a reservations, please contact the Club Reception Desk at (510) 549-8571 or via Kipsu, interactive text messaging system at (510) 283-9388. Please wait to receive a confirmation for each reservation. We look forward to welcoming you at the Club!

Indoor Fitness Center Exercise Equipment

Cardio Equipment

- Treadmills
- Recumbent bikes
- Vario trainer
- Elliptical trainers
- Upright bikes
- Stair Climber
- Excite Top Trainer

Technogym Free Weights

- Dumbbell Racks
- Curl Bars
- Adjustable benches
- Kettle bells

Technogym Weight Machines

- Leg Press
- Squat Machine
- Leg Extension
- Leg Curl
- Abductor Machine
- Adductor Machine
- Step/Squat
- Core
- Press

- Overhead Press
- Low Pull
- High Pull
- Vertical Traction
- Chest Press
- Flexibility Anterior
- Flexibility Posterior

Pilates/Kinesis

- Kinesis Station
- One Reformer
- One Cadillac
- One Pilates Ladder Barrel
- One Pilates Back Stretcher

Functional Equipment

- TRX
- Punching bag
- Plyo boxes
- Physio balls
- BOSU balls
- Stretch mats
- Yoga blocks
- Jump ropes
- Weighted balls