

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 and Pre/Post Natal exercise programs.

Somatics Training (Hotel/Spa Guests)

Single Session, 50 minutes: \$135

Duet Single Session, 50 minutes: \$195

Somatics Training (Club Members)

Single session, 50 minutes: \$90

Duet Single Session: \$130

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.

Sports Performance Coaching* (Hotel/Spa Guests)

Single Session, 50 minutes: \$150

Sports Performance Coaching* (Club Members)

Single Session, 50 minutes: \$105

Restorative Bodywork* (Hotel/Spa Guests)

Single Session, 50 minutes: \$135

Restorative Bodywork* (Club Members)

Single Session, 50 minutes: \$105

Z-Health* (Hotel/Spa Guests)

Single Session, 50 minutes: \$150

Z-Health* (Club Members)

Single Session, 50 minutes: \$110

Safe Lifter Program (Club Members Only)*

4 Sessions Minimum, 50 minutes: \$90/each

** See separate Specialized Somatics Training 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.

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 in member account or credit card

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



CLAREMONT CLUB & SPA

A FAIRMONT HOTEL

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, CA. 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 amazing 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 nearly 30 years of experience as a sports methodologist with expertise in sport's 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 as baseball, basketball, 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 Bihar 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.



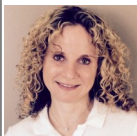
David Parker - David joined the Claremont in 1998. His primary focus is treating issues that have not responded adequately to conventional methods. He works to improve body mechanics and reduce injuries through soft tissue mobilization, flexibility and strength training techniques. An avid competitor sailor, David has sailed more than 20K miles in the ocean, and has several National Championship wins on his resume. He was the personal therapist for Daniel Day-Lewis during the filming of Last of the Mohicans, has worked extensively with artists, classical musicians and athletes of all types.



Heather Baer—Heather is a personal trainer and is certified in Pilates, Gyrotonics and Yamuna Body. Heather received her B.A. in Dance from Mills College. She has been with Project Bandaloop, a ground breaking 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. Her certifications include Group Fitness (ACSM), Personal Training (AFAA) and Master Spinning Instructor (Mad Dogg Athletics). She loves encouraging clients and students to try H.I.I.T. Training, Core Conditioning thru small movements and Foam Rolling Stretch and Strength.



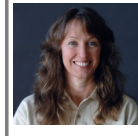
Larisa "Lara" Goldman - Lara is a former figure skater from the Ukraine where she worked for the Federation of Bodybuilding training female fitness competitors. Her clientele is diverse from those with injuries, diabetes, high blood pressure, stroke and Parkinson's disease to those with more modest personal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



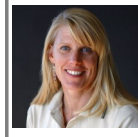
Maria Cruz - Maria has been with the Club for over twenty years. A veteran of the fitness industry since 1987, she has coached numerous individuals in preparing for various events from triathlons and the California AIDS Life Cycle to the infamous the Death Ride which she has completed multiple times 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.



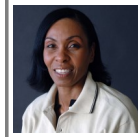
Paul Ciske - Dr. Ciske received his Ph.D. from the University of Michigan in physiology where he studied the effects of chronic stimulation on muscle regeneration. He is certified by the American College of Sports Medicine as both an Exercise Specialist and Program Director. He has achieved advanced level certifications in Muscle Activation Techniques (MAT), Resistance Training Specialist (RTS), Z-Health Neurologic and Brain based training, and Proprioceptive Deep Tendon Reflex (PDTR). In addition, he is an accredited Conscious Embodiment/Leadership Embodiment facilitator and an accredited T'ai Chi Chih instructor. Dr. Ciske is the inventor of the patented CISKE Comfort Cushion, an adjustable and versatile cushion used to support the head, neck, and back.



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.