

The Club at the Claremont Group Exercise July 26– August 1, 2021 Class Schedule						
Monday, 7/26	Tuesday, 7/27	Wednesday, 7/28	Thursday, 7/29	Friday, 7/30	Saturday, 7/31	Sunday, 8/01
7:00-7:45am (new) CYCLING (OP) Maria	7:00-7:45am (new) YOGABS (PA) Abby	7:00-7:45am (new) CYCLING (OP) Maria	9:00-9:55am MORNING ALIVE YOGA (PA) Shelly	7:30-8:25am TAI CHI (PA) Otto	9:00-10:00am RISE & SHINE HIKE Karle (HE)	9:00-9:55am GUIDED HIKE Lisa F. (CE)
7:00-7:45am (new) T.B.C. BOOTCAMP (GX) Karle	8:00-8:45am (new) CYCLING (PA) Amy	7:30-8:25am YOGA BASICS (PA) Otto	10:00-10:45am AQUA H.I.I.T. (MP) Erica	9:00-9:50am (new time) BARRE PLUS (PA) Sandra	9:30-10:25am YOGA FOR EVERYDAY (PA) Shelly	10:00-10:45am AQUA H.I.I.T. (MP) Lisa F.
8:00-8:55am 30/20/5 (PA) Karle	9:00-9:55am MORNING ALIVE YOGA (PA) Shelly	9:00-9:45am (new time) T.B.C. (PA) Amy	11:00-11:55am FITBALL CHALLENGE (PA) Sandra	10:00-10:55am CYCLING (OP) Maria	9:30-10:25am DANCE FITNESS (GX) Carolyn	10:00-10:45am (new) CYCLING (PA) Amy
10:00-10:55am CYCLING (OP) Maria	10:00-10:45am AQUA H.I.I.T. (MP) Erica	10:00-10:45am CYCLING (PA) Amy	2:30-3:25pm CYCLING (PA) Karle	10:00-10:45am DANCE FITNESS 2.0 Deb (GX)	11:00-11:55am CYCLING (PA) Karle	11:00-11:55am CYCLING (PA) Lisa F.
10:00-10:45am AQUA H.I.I.T. (MP) Erica	10:30-11:25am (new time) CYCLING (PA) Sandra	11:00-11:55am CORE FLOW FITNESS™ (PA) Janet	4:00-4:55pm T.B.C. (PA) Karle	11:00-11:55am CORE FLOW FITNESS™ (GX) Janet	12:15-1:00pm PILATES STRETCH (GX) Karle	12:30-1:30pm WEST-AFRICAN DANCE (PA) Fatou
12:00-12:55pm YOGA FOR EVERYDAY (PA) Shelly	12:00-12:55pm T.B.C. (PA) Sandra	12:30-1:25pm PILATES FUSION (PA) Sandra	5:30-6:25pm ZUMBA® (PA) Fatou	12:30-1:25pm YOGA FOR EVERYDAY (PA) Shelly		2:00-2:55pm PILATES ROLLER STRETCH* (PA) KARLE (sub)
4:00-4:55pm CYCLING (PA) Lisa F.	4:30-5:15am (new) CYCLING (PA) Amy	4:30-5:15pm (new time) YOGA Abby				
5:30-6:25pm ZUMBA® (PA) Fatou	5:30-6:25pm (new time) DANCE FITNESS (GX) Carolyn R.	5:30-6:15pm (new) CYCLE + SCULPT Lisa F.				
	5:30-6:25pm YOGABS (PA) Abby	6:30-7:25pm AQUA H.I.I.T. Lisa F.				



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.

Cardio & Strength
In-Cycling
Mind & Body
Yoga
Meet in Hotel

ALL classes except for Aqua require advanced reservation by calling 510.549.8517 after 8:00am one day prior to class. Reservations hours between 6:00am and 7:45pm Monday through Friday and 8:00am to 7:45pm 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

30-20-5* – 30 minutes of spinning, 20 minutes of Pilates exercises and 5 minutes of stretches. A complete workout!

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.

Barre Plus – 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!

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.

Cardio Dance Fitness – This fun, upbeat, and heart-pumping dance cardio workout cycles between higher- and lower-intensity dance sequences to deliver a total body workout. All moves can be modified according to your comfort level.

Cardio Dance Fitness 2.0 - A low-impact dance class that works on stamina, postural alignment, balance and coordination. Great for injury recovery and those who prefer a gentle approach to cardio workout

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.

Pilates Fusion/Pilates 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.

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.

Tai Chi – In this class we will be covering the movements and techniques found in the Ancient Chinese wellness practices of Tai Chi and Qi Gong. Utilizing the 3 Treasures of body, breath and mind, we will explore movements and postures, cultivate deep powerful breath and life force circulation, and develop a focused, potent, yet relaxed mind.

T.B.C. – This is the ultimate full body challenge focusing on strength and conditioning to enhance performance & metabolism! *Friday morning class will involve an alternating cardio, strength, core and high intensity interval training.

T.B.C. Bootcamp – This is the ultimate full body challenge focusing on strength and conditioning to enhance performance & metabolism! *Friday morning class will involve an alternating cardio, strength, core and high intensity interval training.

YogAbs – This class is focused on alignment based yoga flow with Pilates based core moves to cultivate strength and resilience. A great addition to your yoga practice!

Yoga for Everyday – 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.

Zumba® Toning - Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Class will incorporate light free weight to enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

*****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.

Always check with Club Reception Desk to confirm class location. Based on weather and business needs, classes may be shifted without further notice.

CLASS LOCATIONS:
PA: Pool Arbor located on the west side of the Main Pool OP: Outdoor Pavilion located on court #5, middle tennis court level

GX: Group Exercise Studio inside the Mind & Body Center	MP: Main 25-meter Pool
HE: Hotel Main Entrance	CE: Club Entrance