

The Club at the Claremont | Group Exercise February 22 - 28, 2021 Class Schedule

Monday, 2/22	Tuesday, 2/23	Wednesday, 2/24	Thursday, 2/25	Friday, 2/26	Saturday, 2/27	Sunday, 2/28
8:30-9:25am CYCLING Maria	9:00-9:55am YOGA FOR EVERYONE Shelly	10:00-10:55am CYCLING Maria	9:00-9:55am YOGA FOR EVERYDAY Shelly	9:30-10:25am BARRE PLUS Sandra	9:30-10:30am YOGA FOR EVERYDAY Shelly	10:00-10:45am AQUA H.I.I.T. Heidi
10:00-10:45am AQUA H.I.I.T. Erica	10:00-10:45am AQUA Shelly		10:00-10:45am AQUA HEIDI	10:00-10:55am CYCLING Maria	11:00-12:00am CYCLING Karle	11:00-11:55am CYCLING Lisa
12:00pm-12:55pm YOGA FOR HEALTHY JOINTS Shelly		11:00-11:55am CORE FLOW FITNESS Janet	11:00-11:55am FITBALL CHALLENGE Sandra		12:30-1:30pm NIA SHELLY	12:30-1:30pm CARDIO DANCE FITNESS LISA
	12:00-12:55pm BODY CONDITIONING Sandra	12:30-1:25pm PILATES FUSION Sandra		12:30-1:25pm YOGA FOR EVERYDAY Shelly		2:00-2:55pm SLOW FLOW Shelly
2:45-3:40pm ZUMBA® Fatou	1:30-2:25pm CYCLING Sandra					
4:00-4:55pm CYCLING Lisa			4:00-4:55pm BARRE & STRETCH Karle			
		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.

Cardio & Strength
In-Cycling
Mind & Body
Yoga

ALL classes require advanced reservation by calling 510.549.8517 after 9:00am one day prior to class. Reservations hours between 9:00am 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

- **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!
 - **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.
 - **Dance Fitness** – An energetic dance class combining a variety of routines ranging from Pop, Latin Rhythms, Jazz and more.
 - **In-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!
 - **Meditation & Breathing** - This class is a deep rest class. It will include yoga nidra (the conscious sleep), meditation and a 15-minute pranayama (breathing exercise). This class is suitable for any age or fitness level. You will need 2 blankets, a pillow, a warm space and fuzzy socks and tea nearby. The intention is to release stress, strengthen your lung capacity, boost your immune system and leave you ready to approach the day with a loving and full heart.
 - **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** – A full body workout integrating the principles of Pilates mat work, standing strength, alignment & balance exercises, as well as flexibility and fluid movement.
 - **Yoga Basics** – Class geared toward a basic yoga practice beginning with gentle warm up stretches and an emphasis on alignment, balance, breath and strength.
 - ***Yoga from Head to Toe** - This special class will focus on alignment, anatomy and sequencing that will leave you feeling invigorated and challenged at the same time. There will be usage of a chair prop and you will be guided to go deeper with the safety of using the chair to your own degree of strength and flexibility. We ask that you bring two blankets from home with you for this class. This class can be modified for all.
 - **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.