



CLAREMONT CLUB & SPA  
A FAIRMONT HOTEL

## **Club Hours:**

Monday – Friday, 6:00 a.m. to 8:00 p.m.

Saturday – Sunday, 8:00 a.m. to 6:00 p.m.

## **Outdoor Fitness Pavilion**

Open to ages 16 and older. Masks are optional.

## **List of Exercise Equipment**

### **Cardio Equipment**

- Recumbent bike
- Vario trainer
- Elliptical trainer
- Spin bikes
- TG Rower
- Vasa Trainer

### **Technogym Free Weights**

- Dumbbell Rack
- Olympic Bench Press
- Curl Bars
- Adjustable benches
- Kettle bells

### **Technogym Weight Machines**

- Cable machine
- Smith machine
- Assisted Chin/Dip machine

- Chin/Dip/High Roman Chair
- Back Extension

### **Pilates**

- One Reformer
- One Cadillac
- One Chair

### **Functional Equipment**

- TRX
- Battling ropes
- Plyo roxes
- Physio balls
- BOSU balls
- Stretch mats
- Yoga blocks
- Jump ropes
- Weighted balls