



CLAREMONT CLUB & SPA  
A FAIRMONT HOTEL

## Outdoor Fitness Pavilion

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

### **Monday – Friday**

6:00am-7:00am

7:30-8:30am

9:00-10:00am

11:00am-12:00pm

12:30-1:30pm

2:00-3:00pm

3:30-4:30pm

5:30-6:30pm

7:00-8:00pm

### **Weekends**

9:00-10:00am

10:30am-11:30am

1:00-2:00pm

2:30-3:30pm

4:00-5:00pm

### **Club Hours:**

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

Saturday and Sunday 8:00 a.m. to 6:00 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) 283-9833. Please wait to receive a confirmation for each reservation. We look forward to welcoming you at the Club!

# Outdoor Fitness Pavilion 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