



CLAREMONT CLUB & SPA
A FAIRMONT HOTEL

Outdoor Fitness Pavilion

Thanksgiving Day, Thursday, November 26, 2020

Reservation Times: 7:00am to 5:00pm

(Open to ages 16 and older)

7:00-8:00am

8:30-9:30am

10:00am-11:00am

11:30-12:30pm

1:00-2:00pm

2:30-3:30pm

4:00-5:00pm

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) 283-9388. 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