

The Club at the Claremont | Group Exercise April 5 - 11, 2021 Class Schedule

Monday, 4/05	Tuesday, 4/06	Wednesday, 4/07	Thursday, 4/08	Friday, 4/09	Saturday, 4/10	Sunday, 4/11
10:00-10:55am CYCLING (OP) Maria	9:00-9:55am YOGA FOR EVERYONE Shelly	10:00-10:55am CYCLING (OP) Maria	9:00-9:55am YOGA FOR EVERYDAY Shelly	9:30-10:25am BARRE PLUS Sandra	9:00-10:00am RISE & SHINE HIKE Karle (meet at hotel main entrance)	9:00-10:00am EASY LIKE SUNDAY MORNING YOGA** Shelly (hotel)
10:00-10:45am AQUA H.I.I.T. Erica	10:00-10:45am AQUA H.I.I.T. ERICA (sub)		10:00-10:45am AQUA ERICA	10:00-10:55am CYCLING (OP) Maria	9:30-10:30am YOGA FOR EVERYDAY Shelly	9:00-10:00am GUIDED HIKE Lisa F. (meet at the Club)
12:00pm-12:55pm YOGA FOR HEALTHY JOINTS Shelly		11:00-11:55am CORE FLOW FITNESS Janet	11:00-11:55am FITBALL CHALLENGE Sandra		11:00-12:00am CYCLING Karle	10:00-10:45am AQUA H.I.I.T. ERICA (sub)
	12:00-12:55pm BODY CONDITIONING KARLE (sub)	12:30-1:25pm PILATES FUSION JANET (sub)		12:30-1:25pm YOGA FOR EVERYDAY Shelly	12:30-1:30pm NIA SHELLY (sub)	11:00-11:55am CYCLING Lisa F.
2:45-3:40pm ZUMBA@ Fatou	1:30-2:25pm CYCLING KARLE (sub)		2:30-3:25pm CYCLING Karle			12:30-1:30pm CARDIO DANCE FITNESS LISA (sub)
4:00-4:55pm CYCLING Lisa F.		6:00-6:45am AQUA H.I.I.T. SHELLY (sub)	4:00-4:55pm BARRE & STRETCH Karle			2:00-2:55pm SLOW FLOW Shelly



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

**Special Offering

ALL classes require advanced reservation by calling 510.549.8517 after 8:00am one day prior to class. Reservations hours between 8:00am and 7:45pm Monday through Friday and 8:00am to 5:45pm 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

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.

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.

Cardio Dance Fitness – Enjoy a fun, upbeat, heart-pumping dance class to tunes ranging from South African music to Earth, Wind, and Fire. All moves can be modified according to your comfort level.

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.

NIA – Nia is a cardio dance/movement class. It involves dance, martial arts, and free form open dance. Nia is uplifting, super fun and has great music. Be prepared to sweat! No experience necessary. Please wear clothes that allow you to move. A sarong if fine as long as you will be able to deliver a powerful kick comfortably.

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/Pilates Roller + 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.

Yoga for Everyone – 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 use light free weights 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.

***Not a regular class.**

****** Check with Front Desk to confirm class location. Based on weather, classes may be moved to the Outdoor Pavilion or offered online.

OP: Class held in the Outdoor Fitness Pavilion. Weather dependent, class may be held in the Pool Deck. Please check with the Front Desk upon arrival.

