

THE CLUB AT THE CLAREMONT

FITNESS CLASS DESCRIPTION

- **30-20-10*** – Thirty minutes of spinning, 20 minutes of Pilates exercises and 10 minutes of yoga stretches.
- **Active Yoga**** – A vigorous class incorporating Ashtanga, Iyengar and flow. Based on the classic “sun salutation” series of yoga postures. Not appropriate for individuals with back problems, or a low level of fitness.
- **A.I. (Active Isolated) Stretch** – Developed by kinesiologist Aaron Mattes, this evolutionary flexibility work is based on sound neurological principles. Use opposing muscle groups to stretch and increase range of motion while decreasing the likelihood of soreness and preventing injury.
- **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.
- **Body Sculpt** – A non-traditional weight-training workout using combination of free weights, body bars and ropes. Class focuses on strength conditioning.
- **BOSU Total Body Workout*** – A complete workout using the BOSU ball! Improve your balance, core strength and cardiovascular conditioning. Prepare for a new challenge!
- **Cardio Sculpt** – A great combination of cardiovascular conditioning with body sculpting using weights. Floor work and stretch. All levels welcome.
- **Core Challenge** – Define and chisel your core! This intense 25-minute class focuses on core conditioning combining balance and strengthening exercises.
- **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.
- **Cycle + Sculpt*** – A cycling class with muscular conditioning and stretching by using light hand weights.
- **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!
- **Dance Fitness** – A graceful blend of low impact aerobics, strength training and stretch. For all levels of fitness.
- **Express Conditioning** – Short on time? Get a full body workout in 25 minutes with this intense class that combining strength and sculpt drills.
- **Fit Ball Challenge*** – A fast paced, fun and challenging total body workout using fitballs, resistance bands and weights. Improve posture, balance, and core strength. Excellent cross training for any athletic endeavor.
- **FitMama** – A combination of cardio and strength training suitable for both postpartum and prenatal moms. Short stretching session then take the strollers outside for a jog/brisk walk stopping every few minutes to perform strength training exercises. Second half of class in the exercise room strengthening and toning the lower body, core and upper body using free weights, exercise tubing and exercise balls. Infants and small children are welcome in the class. Everyone is welcome to attend.
- **Intermediate Yoga**** – A gently paced fluid yoga class that will help open the hips, strengthen the core, and improve posture and ease through the spine. This class uses the breath to guide the body through yoga postures linked together so that the transitions between postures are equally an opportunity to cultivate strength, grace, and relaxation as are the actual postures themselves.
- **Long Ride*** – Pump up your stamina by taking this 75-min class that will bring your regular ride to the next level.
- **Pilates for Winter Conditioning** – Increasing strength and flexibility in your core joined with conditioning in the legs and improving cardiovascular endurance prepares skiers well for the snow season. Come see what this seasonal class can do for your skiing this year!
- **Pilates Fusion** – A floor workout combine Pilates mat work, relaxing yoga poses and alignment strategies allowing the body to work in more of a safe and circular manner.
- **Pilates Mat** – This core conditioning class is based on the groundbreaking work by Joseph Pilates. Various mat exercises will strengthen deep muscles, combining postural awareness, abdominal and back work as well as flexibility training.
- **Pilates on the Ball*** – Pilates exercises using the core-strengthening possibilities of the stability ball. Class-size limited to number of balls available.
- **Pranayama**** – A class in yogic breathing. Beginners please arrive early to check-in with teacher.
- **Restorative Yoga**** – This class includes longer held postures, supported by yoga props, which give the nervous system a chance to relax from the frenzied pace of urban life. In this class we practice letting go, focusing inward, and stilling our minds. Often the last 20 minutes of class are devoted to the practice of yoga nidra, a guided relaxation in extended savasana which will bring the student to profound levels of physical, mental, and emotional relaxation.
- **Samba, Salsa & Rumba** – Be ready to dance and get a workout featuring music and movement taken from Latin Rhythms.
- **Total Body Challenge** – A work out in a fun-filled class that increases your heart rate, burns body fat, and sculpts lean muscles all in one! Using a wide variety of tools, including BOSU, step, free weights, and resistance bands.
- **Video Cycle*** – Get your spin workout while watching your favorite music videos. Work at your own pace. Guaranteed to raise your heart rate and make you smile!
- **Vinyasa Yoga**** – A class focusing on integrating breathing and Yoga postures in carefully balanced sequences.
- **World Rhythms** – A joyful workout featuring music and movement taken from all over the world.
- **Yin Yang Conditioning** – A perfect blend of strengthening your heart, mind and muscles. Class combines drills of high intensity interval training with core stability and balance. Guaranteed to kick your current workout up a notch...or two!
- **Yoga Asana**** – An intermediate level class that focuses on form, alignment, balance, strength as well as inversions and backbends.
- **Yoga Basics**** – Class geared toward a basic yoga practice beginning with gentle warm up stretches and an emphasis on alignment, balance, breath and strength.
- **Zen Fit** – Basic principles of movement, balance and coordination come to live through the vehicles of yoga, martial arts and Tai chi. Heighten your awareness of your body moving through space. Come prepare to break a sweat! Open to all levels.
- **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. All exercisers from beginner to advance will enjoy the benefits of a Zumba class. Bring low tread athletic shoes.

***BOSU, PILATES ON THE BALL AND IN-CYCLING** classes require advanced reservations by calling **510.549.8517** starting at 8:00am the day prior.

- ❖ Please be on time to class for your safety and consideration to other students. ****Yoga classes will not accept late arrivals.**
- ❖ Although most classes are open to ALL levels, please check front of the schedule to find out the class level.
- ❖ **New students:** Let the instructor know if you have any injuries or need assistance with equipment. Always bring a bottle of water to class and remember to drink water before and after exercising.
- ❖ For detailed class etiquette and guidelines please refer the studio policies located in each studio.
- ❖ Daily lockers are available at the Club locker rooms. **Enjoy your workout!**