

## LIFETIME FITNESS

The Club's fitness training team focuses on the overall wellness of the mind and body and believes that individuals must first and foremost be comfortable with themselves, inside and out. We measure our success not just by the number of pounds lost but by how our guests measure their self-worth.

Employing top-rated fitness instructors, trainers and athletes – all certified in their specific fields – The Club at The Claremont provides expert instruction in a wide variety of activities including Yoga, Pilates, H.I.I.T. Training, Z-Health®, Strength & Rehabilitative Training, Pre/Post Natal and Cancer Specialist exercise programs.

### Somatics Training (Club Members)

Single Session, 50 minutes:	\$110
Single Session, 80 minutes:	\$165
Duet Single Session 50-minutes:	\$160 (\$80/client)
Duet Single Session 80-minutes:	\$210 (\$105/client)
3-Person Single Session 50-minutes:	\$216 (\$72/client)
3-Person Single Session 80-minutes:	\$282 (\$94/client)
4-Person Single Session 50-minutes:	\$244 (\$61/client)
4-Person Single Session 80-minutes:	\$300 (\$75/client)

### Somatics Training (Hotel/Spa Guests)

Single Session, 50 minutes:	\$160
Duet Single Session, 50 minutes:	\$220 (\$110 per client)

### Safe Lifter Program (Club Members Only)

4 Sessions Minimum, 50 minutes:	\$110/each
Available to ages 14 and 15 years old.	
Reception Desk or by email at <a href="mailto:fitness@claremontresort.com">fitness@claremontresort.com</a>	

### Restorative Bodywork\* (Club Members)

Single Session, 50 minutes:	\$120
Single Session, 80 minutes:	\$180

### Restorative Bodywork\* (Hotel/Spa Guests)

Single Session, 50 minutes:	\$175
Single Session, 80 minutes:	\$265

### Sports Performance Coaching\* (Club Members)

Single Session, 50 minutes:	\$120
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### Sports Performance Coaching\* (Hotel/Spa Guests)

Single Session, 50 minutes:	\$175
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### Z-Health\* (Club Members)

Introductory Session, 90 minutes:	\$165
Subsequent Single Session, 75 minutes:	\$120

### Z-Health\* (Hotel/Spa Guests)

Introductory Session, 90 minutes:	\$210
Subsequent Single Session, 75 minutes:	\$175

### Available Services for Somatics Training (based on availability)

Strength & Conditioning, H.I.I.T. Training, Indoor Cycling, Barre Technique, Salsa, Yoga, ZUMBA®, Meditation, Pilates, Tai Chi/Qigong, Therapeutic Stretch.

\* See separate Specialized Somatics Training brochure for more information.

## SOMATICS TRAINING PROTOCOLS & POLICIES

All members and guests to check in at Club Reception Desk upon arrival.

First time clients are required to complete a Fitness Inquiry Form available at the Club Reception Desk or via email at [fitness@claremontresort.com](mailto:fitness@claremontresort.com). Advanced reservations of minimum 7 business days are required.

Please honor our 24-hour cancellation policy to avoid full charges.

All training sessions will be charged automatically to the member account or hotel guest room.

Plan to arrive 10 to 15 minutes before appointment time for check in at the Reception Desk. If guest/member is late for their appointment, guest/member will use the remaining of session.

Please be sure to take all your belongings with you at the end of your session and before leaving the Club. For your convenience permanent and day lockers are available. To inquire about renting a locker please email [fitness@claremontresort.com](mailto:fitness@claremontresort.com).



THE CLUB  
AT THE CLAREMONT

For more information, call 510.549.8517

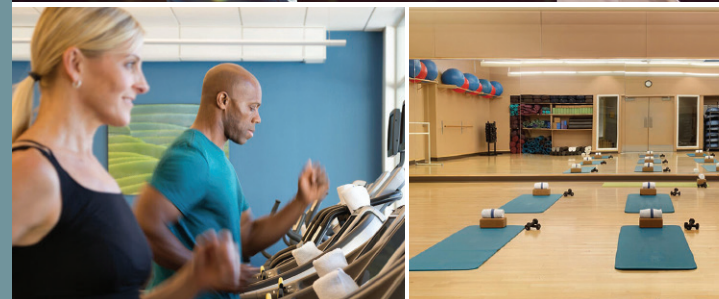
or [fitness@claremontresort.com](mailto:fitness@claremontresort.com)

[claremontresortandclub.com](http://claremontresortandclub.com)



THE CLUB  
AT THE CLAREMONT

## SOMATIC TRAINING *at the Club*



## OUR SOMATICS PRACTITIONERS

### AMR RADWAN



Amr is a two-time Bodybuilding men's physique Champion, Member of National Physique committee and expert in strength training with over 10 years of experience in coaching and personal training. His deep knowledge of weightlifting, kickboxing and Fitness has allowed him to guide clients in achieving their most ambitious fitness goals. Whether you are looking to build muscle, lose weight, or enhance overall performance, his proven strategies are tailored to meet each client's individual needs.

### ADESOJI "SOJI" ODUKOGBE



A professional certified somatic trainer from Health and Fitness Institute Hayward, California. Soji enjoys working with all levels of training, through core strength, cardiovascular, plyometrics, and balance through functional training.

### CHARLES BORG



Charles has had a passion for fitness and body wellness for many years. After several years as an All-Star Minor League football player, he went on to receive his Performance Enhancement Certification from The National Academy of Sports Medicine in 2015. Charles aims to create a fun-filled regimen and utilize his motivational skills to help you attain your health and fitness goals.

### DANIEL KAMENETZKY



Daniel brings 35 years of experience in the sports industry working with competitive and recreational athletes of all ages in the areas of training design, numerical performance analysis and rehabilitation. His multidisciplinary approach allows offering his clients with a unique perspective towards higher levels of performance, return to competition after injuries and pain management solutions. In addition to his studies in biology, physical education, kinesiology, business, and sports analytics, he has an extensive history coaching athletes/teams from different sports as soccer, tennis, swimming, rugby, baseball, basketball, among others.

### GERSON SOARES



Gerson holds a B.S. in Physical Education with specialties in weight training, functional training, mobility and stretching. In addition, he has been swimming since early age and highly encourages athletes to incorporate dry-land training in their swim workouts. Gerson's main focus is to exercise with safe technique and prevent injuries.

### JANET WELSH



With a keen eye for postural imbalance and movement efficiency Janet's focus is on agility. Athleticism and finding ways to a fuller range of motion and less pain are key. Creating ways to be and stay active are of foremost importance. Janet is a dancer, choreographer, and creator of Core Flow Fitness™, a fitness system blending elements of Dance, Pilates, Yoga and Bodywork. She received her MFA in Dance from Mills College in 2000 and her BFA in Dance from Cal Arts in 1982.

### KARLE FRIED



Karle Jordana Fried grew up in the Detroit Suburbs playing sports (soccer and tennis) and later found passion in coaching and personal training. Karle specializes in using proper form in Weight Training, Cardio & Strength and Core Fundamentals including abs, posture, balance and flexibility. She has extensive knowledge in stretch, flexibility, foam rolling and rehab. Karle is a Certified Cancer Exercise Specialist as well and enjoys working with all age groups and all fitness abilities. Karle has Certifications from ACSM, AFAA, Master Spinning Cycle, Barre, TRX, HIIT - Tabata Strength and Pilates Mat. Karle is most happy helping others find their inner, outer strength and learning better body awareness in posture, core and strength.

### LISA SAUNDERS



Lisa is a professional dancer who believes movement is an essential element of wellness. She brings more than 40 years of experience in dance education, training and performance to personal training and offers clients access to this wealth of knowledge for understanding the many facets of movement to achieve and maintain optimal function, fitness and wellness. She applies dance-based techniques to deliver strategies for improving balance, core-strength, flexibility and coordination. Lisa's specializations include injury prevention, recovery and enhanced improved mobility for active adults.

### PAUL CISKE



The purpose of his work is to be of service in assisting others attain an improved state of Well-Being that allows for an increased capacity to perform life, recreational, and sport activities of their choosing. This is accomplished through: re-balancing techniques for the body's neural and muscular systems, movement training, Health and Wellness coaching, the work of Leadership/Conscious Embodiment and T'ai Chi Chih – Joy Through Movement.

### SANDRA LINKE



Sandra has been with the Claremont since 1995. She teaches Pilates, weight training, Spin, stretching and Yoga. With a B.A. in Physical Education from UC Berkeley and her MA in Holistic Health and Education from JFK University. As a certified Nutrition Consultant, Sandra incorporates breath work, core and cardiovascular training, muscular conditioning, flexibility and body work into her sessions and classes and encourages individuals to develop awareness into their own body's internal rhythms.

### TINA LONG



Tina has been a fitness enthusiast for over 30 years and retired from her corporate management job to pursue a career in fitness full-time. After graduating from the Fitness Professional Institute in Maui, Hawaii, she received her personal training certification through ACE, NSCA and NASM. Tina specializes in TRX, kettlebell, boxing, functional, circuit, and high intensity interval training.

### VICTORIA GARCIA DRAGO



Victoria has over 20 years of experience teaching yoga, conscious movement, and mindfulness to students of all levels, including professional athletes. Her teachings integrate her expertise in education, psychology, and mind-body studies, offering a comprehensive approach to wellness in both English and Spanish. She has worked on multiple research projects, including at Boston Medical Center (BMC) on chronic pain and addiction treatment. Victoria currently teaches in Oakland, CA, and continues to collaborate on research related to yoga, chronic pain, and mental health, with a focus on Spanish-speaking participants.

### YVETTE VLOEBERGH



Yvette has enjoyed working with clients at the Claremont since 1993. As a Pilate's trainer, Yvette combines her knowledge of massage techniques, including Craniosacral therapy, Reflexology, aspects of biomechanics and Kinesiology to assist her clients in achieving alignment, flow and balance. She enjoys working with her clients on safe and efficient movements where flexibility, strength and control are considered equal partners.