



THE CLUB
AT THE CLAREMONT

GROUP ADVENTURES & EXPERIENCES



Our **Adventures & Activities menu** is your one-stop-shop to providing memorable experiences for your guests and group participants. Your team will leave your events feeling energized, confident, and motivated to continue their journey long after your meeting has concluded.

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club@claremontresort.com

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Team Building ROI:
Kelly@tbroi.com | 916-577-3629

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Team Building ROI:
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The Club at the Claremont:
club@claremontresort.com

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Coit Limousine Service:
coitlimousine@hotmail.com | 510-385-5300

Pricing on all events TBD based on group size and details.



THE CLUB
AT THE CLAREMONT

LIFETIME FITNESS



LIFETIME FITNESS

15 MINUTES OF FUN

Let one of our fitness experts bring wellness to your meeting with these short fifteen-minute feel-good workshops! Bring a bit of relaxation and renewed energy to your attendees during or after the conference, and give them the tools to take these calming rituals with them after the session concludes. All sessions can be done in business attire: no special shoes or fitness clothing required.

CLASS CHOICES

Find Your Focus

Many of us hold our breath when we're feeling anxious or stressed. Our Yoga and Movement Expert will get your attendees' blood flowing through gentle yoga stretches and teach them several breathing exercises to refocus energy and reduce stress. These novice exercises are easy to learn and can be used to help relax the body & mind in almost any setting.

Tension Buster

Our bodies and minds often become so tense from stress that we assume this is our natural state. Through guided tensing and relaxing of muscles, attendees will feel refreshed and energized. As participants feel the physical effects of muscle relaxation, their minds also begin to let go of tension resulting in a relaxed and rejuvenated state.

Energy Shot

Our Fitness Expert will guide your attendees through dynamic stretching movements to increase blood flow, while moving to warm your muscles. Guests will be stimulating their cardiovascular and neuromuscular systems to get their energy renewed. This is a great exercise for those who work in front of a computer for long periods of time.

ACTIVITY INCLUSIONS

- Flat fee regardless of number of participants
- Class release date 30 days prior without penalty
- Coordinated by the Club at the Claremont
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)

DURATION

- 15-30 minutes



LIFETIME FITNESS

GROUP FITNESS

Well & Fit offers a variety of unique programming focusing on the mind and body wellbeing. From leisure and fun to restorative and mindful focused classes, we can accommodate small or large groups with our flexible spaces, including our Group Fitness Studios, Banquet Ballrooms, Fitness Center and F.I.T. Yard.

CLASS CHOICES

Cardio & Strength

- Indoor Cycling
- Circuit Training/Boot Camp
Maximum of 14 per class
- Dance Fitness, Zumba®, TahitiFit, Samba Cardio, Salsa, World Rhythms

Restorative Fitness

- Body Brain Mapping
- Breathing & Meditation, Tai Chi & Qigong
- Yoga: Basic, Active, Vinyasa or Restorative

ACTIVITY INCLUSIONS

- Fitness Equipment
- Water Stations
- Coordinated by the Club at the Claremont
- Pre-activity telephone interview to identify group’s goals, culture and vision
- Customized team building experience with professional facilitator

DURATION

- 45-90-minutes (tailored to group’s needs)

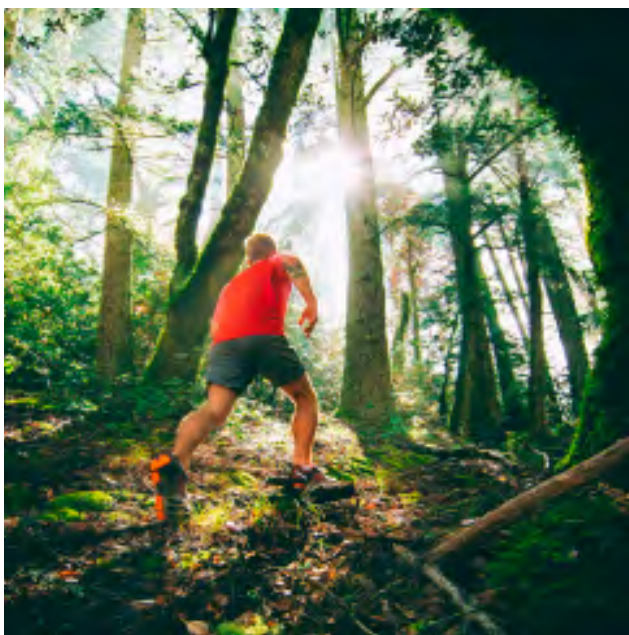
Location to vary based on space availability



LIFETIME FITNESS

SUNRISE WALKS/GUIDED HIKES

Get your blood pumping while experiencing the beauty of our 22 acre resort and the surrounding East Bay hillside. An extended version will take you to UC Berkeley Campus and Claremont Canyon Regional Preserve. These hikes can be custom-tailored for any distance or group size.



ACTIVITY INCLUSIONS

- Somatic Trainer to help facilitate walk/hike
- Fun Warm Up/ Ice Breaker
- Stretches/Yoga al Fresco
- Water Stations
- Coordinated by the Club at the Claremont
- Pre-activity telephone interview to identify your
- group's goals, culture and vision
- Customized team building experience with
- professional facilitator
- Post-program notes and photos (online)

DURATION

- 60-120 minutes



LIFETIME FITNESS

RACQUET SPORTS

Led by our Racquet Sports Specialists, experience a Tennis or Pickleball lesson, Round Robin and/or tournament.



ACTIVITY INCLUSIONS

- Fun Warm Up/ Ice Breaker
- Water Stations
- Coordinated by the Club at the Claremont
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)

DURATION

- 60-120 minutes



LIFETIME FITNESS

SPORTS PERFORMANCE COACHING

A program designed specifically to enhance your overall health and sports performance. This service consists of either a single or a series of consultations.

Daniel Kamenetzky, M.S. Kinesiology, brings nearly 30 years of experience as a sports methodologist with expertise in sports biomechanics, testing, training design and sports-related injury rehabilitation. In addition to his studies in biology, physical education and kinesiology, he has an extensive history coaching athletes from different sports such as baseball, football, soccer, rugby, track & field, tennis and swimming. Daniel also works closely with coaches of different sports as a consultant providing methodological expertise, testing and performance data analysis to support the training's strategic design.

ACTIVITY INCLUSIONS

- Initial consultation to review training history, injuries,
- training goals and challenges
- Create an innovative strategy to improve your performance
- and help you achieve your goals
- Body composition
- In-depth bio mechanical analysis including filming
- Nutritional strategy
- Conditional capacity (strength, speed, endurance)
- Coordinated by the Club at the Claremont
- Pre-activity telephone interview to identify your
- group's goals, culture and vision
- Customized experience with professional facilitator
- Post-program notes and photos (online)

DURATION

- 90–120 minutes



LIFETIME FITNESS

CHAIR MASSAGE

Let our expert Massage therapist bring Zen to your conference room to relax, detoxify, and rejuvenate after an all-day meeting. Leave fresh and ready for your next event!

ACTIVITY INCLUSIONS

- Up to 4 guests may be accommodated per hour, per Fairmont Spa professional therapist. Chair massage includes the neck, shoulders, back and hands.
- Flavored Water Station
- Relaxation lounge with complimentary teas
- Coordinated by the Club at the Claremont
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized experience with professional facilitator
- Post-program notes and photos (online)

DURATION

- 2 hours minimum

SPA GROUP WELLNESS

Celebrate and acknowledge your Team by offering a day of self-care with restorative and rejuvenating services at our award winning spa. Our beautiful property has everything you need to immerse your group in a day of wellness.

ACTIVITY INCLUSIONS

- Private Access to Fairmont Spa facility Monday – Wednesday
- A choice of massage, facial and/or body treatments
- Flavored Water Station
- Relaxation Lounge with complimentary teas
- Coordinated by the Club at the Claremont
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized experience with professional facilitator

DURATION

- Based on number of guest (minimum 10 treatments)



THE CLUB
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TASTY TEAMWORK



TASTY TEAMWORK

TEST YOUR WINE KNOWLEDGE

Wine Blending on Wheels challenges and entertains the wine expert and beginner alike. It can be presented in either a relaxed or competitive format. Your group will be divided into teams and provided with the proper enological tools to blend a selection of high-end varietal wines into a killer red wine blend.

Graduated cylinders, pipettes, beakers, tasting glasses and most importantly, great, Napa and Sonoma Valley red varietal wines will be provided. In conjunction with Bin to Bottle, Napa Valley's premier custom crush winery, we will provide a selection of premium 100% varietal wines for your group to blend during the program. All of the wines provided come from vineyards producing ultra-premium Napa and Sonoma Valley brands. Each team will strategize measure, blend and taste until they feel they have concocted the best blend from the provided pure varietals. A blind tasting will determine the best wine. During the judging each team will nominate a "taster" to be on the panel alongside our professional wine judge. The judges will make their choices as to which wine they prefer.

Votes will be tallied, the winning wine announced and the bottling process will begin. Yes we said bottling process. Each participant will be taking home a bottle of the winning wine.

Once we have the winner, we will bottle, cork, capsule and label the winning wine. Now that is what we call Wine Blending on Wheels. This program can be enjoyed at any location you select. Or, if you would like to travel to the beautiful Napa Valley, we can facilitate the program at Bin to Bottle's tasting salon and add a private tour of the facility to end the day.

About Bin to Bottle: Conceived by partners with over 100 years of experience in the wine industry, Bin to Bottle is the premier custom crush winery in Napa Valley, offering complete winemaking services with a special emphasis on high quality production methods. Their operation provides all the necessary wine making and storage services from "bin to bottle" so clients don't have to move their wine until it's ready to ship. Bin to Bottle has a stable of over 75 established brands making wine at their facility. For more information, visit bintobottle.com

ACTIVITY INCLUSIONS

- Ultra-Premium wines from 18 different Napa and Sonoma appellations
- Many different wine varietals from which to choose
- Wine professional to facilitate the program
- Enological tools for each team of participants including: Graduated Cylinders, Pipettes, Beakers, Tasting Glasses Artisan tasting crackers
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- Normally 90 minutes, your program can be customized to fit into an hour slot prior to a dinner or formalized into a 2 hour group teambuilding activity.



TASTY TEAMWORK

COOKING DEMO/CLASS

Ready to showcase your cooking skills? From interactive cooking demos to hands-on cooking classes, your group will experience a fantastic culinary showcase and work in camaraderie.



ACTIVITY INCLUSIONS

- Claremont Club & Spa's Chef
- All supplies and ingredients
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 60-90 minutes
(all events can be customize to fit the client's needs)

DELICIOUS DESSERT DASH

Teams will compete to build the best dessert, serving area, and marketing presentation in a series of fun group challenges. Teams might end up using liquid nitrogen, building cupcakes and chocolate bars, designing the perfect cookie, or let the experts customize some choices for the teams. A unique, fun and competitive way to finish the perfect meal and party!



ACTIVITY INCLUSIONS

- All game materials and supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 1.5–2.0 hours



TASTY TEAMWORK

TEAM CANTINA. BUILD A BAR!

Shaken and stirred, Team Cantina is your Friday Funday Outing with the group.

Create a signature drink and serve it to your friends and judges in a themed bar that your group will create.

STEP 1: MIXOLOGY OVERVIEW

The objective of “Team Cantina” is to create a signature alcoholic and/or non-alcoholic cocktail, a slide dish of “bar food”, a themed serving area, and a marketing plan to bring your creation to the masses! Group will be divided into smaller teams, and given a mixology tutorial from an expert bartender. After the mixology class the timed challenge begins.

STEP 2: BUILD A BAR

Once the teams have been given instructions, they will complete in a series of head-to-head hilarious mini challenges to win their mixing ingredients, decor, bar food, and marketing materials. Teams will be required to decorate a little serving area and produce a marketing presentation for their “bar area”. Will it a Tikki Bar, Sports Lounge or an Irish Pub? It’s up to you!

STEP 3: JUDGING & SAMPLING

When the clock hits zero, time is up! Teams will lounge in serving area and sample their own creation as well as those of the other teams while the judges evaluate everyone’s drink, bar and marketing presentation.

ACTIVITY INCLUSIONS

- Serving of all ingredients per team
- All materials for marketing plan and cantina construction
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group’s goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 2-2.5 hours



THE CLUB
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TEAM BUILDING & GAMES



TEAM BUILDING & GAMES

BIKE BUILDING CHALLENGE

This challenge blows the standard bike build away with a mash-up competition and fun!

The goal? To be the first team to complete your bike. Your team will be divided into 4 teams with one bike each. They will start with a frame and the participants will compete in some mini-team building challenges to win the other components including handle bars, cranks, pedals, wheels, chain, grips, forks and decorative extras (bells, streamers, baskets, stickers and more.)

Once your team completes a challenge, they will have a choice of available components. You will want to strategize which piece you choose first and hope to take last, if possible. After you select your items, you will have a set amount of time (between 5 to 10 minutes) to affix your items to the bike.

While the teams are moving from one challenge to the next, the bike mechanics will make sure the teams have put their components on correctly and will adjust them, if necessary.

Bike donation to the charity of choice will be arranged for presentation at the end of the event. This event is a fun, rewarding and competitive way for your team to get back to your community!

ACTIVITY INCLUSIONS

- Room rental for activity
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 90–120 minutes



TEAM BUILDING & GAMES

SPORTS PERFORMANCE COACHING

Prepare to embark on the most innovative, challenging and fun GPS-led scavenger hunt ever! Compete against other teams while we collect the score in real-time for fun, prizes, or just for bragging rights.

Your scavenger hunt is customized with your group's objectives in mind. We will create equal teams and provide them with a Smartphone-based IKWEST GPS unit, a trained facilitator, and a backpack with various objects and clues that the teams will need to win "The Hunt!"

We utilize the entire available grounds and interior of the Claremont Club & Spa* and teams will traverse the area in search of their next challenge station. If there is inclement weather, we will move the teams indoors and facilitate the same challenge stations and/or use QR code technology to find your next clue.

Have hilarious fun and sprinkle in cerebral and physical initiatives. Every station will bring a different objective into focus, whether it is communication, problem solving, creativity, or training initiative (group's agenda may be included as part of the experience upon request). Whether you race to the finish line or solve puzzles to get through The Hunt, your team will have a blast. Prizes are awarded to the winners, and everyone will have a chance to mingle and debrief the experience in their groups and with other teams and facilitators.

ACTIVITY INCLUSIONS

- Introduction and Overview
- Instructions and Supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- Typically 60–90 minutes

** Route to be reviewed and determined based on weather, season, business levels and hotel occupancy.*



TEAM BUILDING & GAMES

MURDER MYSTERY TEAM SOLVE

Our professional staff will customize a murder mystery that involves your guest team and the acting troupe.

Once the group helps the professional staff recruit a couple of willing participants, they will develop the story and build a mystery questionnaire that guests will use to solve the crime. A unique, fun, and engaging experience for groups.

We utilize the entire available grounds and interior of the property. If there is inclement weather, we will move the hunt indoors and the same challenge stations.

ACTIVITY INCLUSIONS

- All game materials and supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 1.5–2.0 hours



TEAM TREASURE HUNT

Innovative. Challenge. Fun. Your Treasure Hunt is customized to your group's objectives and with an ANAGRAM that must be solved to find the treasure and win "The Hunt!"

We create teams and provide each with instructions, clues, and a backpack of objects needed during the hunt. Using their clues, team traverse the area in search of challenge stations where they must complete a task. For each station found and task completed, teams collect letters needed to unscramble the ANAGRAM that leads to the treasure.

Teams have hilarious fun while they work together on cerebral and physical challenges. Incorporating your agenda into the experience, every challenge station has trained facilitator and brings a different objective into focus, be it communication, problem solving, creativity or a training initiative. At the end of the hunt, team can mingle and debrief in their group and with the other teams and facilitators.

We utilize the entire available grounds and interior of the property. If there is inclement weather, we will move the hunt indoors and the same challenge stations.

ACTIVITY INCLUSIONS

- All game materials and supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 1.5–2.0 hours

MOBILE TEAM ESCAPE

Crack the code to total team fun! Location A completely unique game show Roundup has a blend of Jeopardy, Family Feud and The Price is Right. For 10 to 1,000 guests, participants will enjoy a little friendly competition. It's impossible not to have a great time as participants needle their opponents and have a laugh at their (and everyone's) expense!

We will craft a customized backstory and provide actors to play characters that will entertain and assist your guests. Each problem solved moves the teams closer to cracking a series of locks that will take you from one challenge to the next. Whether you have a series of room or just one, we can create a unique escape program plant to fit your needs. And unlike many Escape Rooms, many teams can play at the same time, whether as a competitive event or higher level organizational development activity.

ACTIVITY INCLUSIONS

- All game materials and supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 1.0–1.5 hours





TEAM BUILDING & GAMES

GAME SHOW ROUNDUP

A completely unique game show Roundup has a blend of Jeopardy!®, Family Feud® and The Price is Right®.

For 10 to 1,000 guests, participants will enjoy a little friendly competition. It's impossible not to have a great time as participants needle their opponents and have a laugh at their (and everyone's) expense!

ACTIVITY INCLUSIONS

- All game materials and supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 1.0–1.5 hours



60 SECONDS TO SUCCESS

Based on the popular television game show, participants will compete to complete seemingly simple tasks in sixty seconds or less.

ACTIVITY INCLUSIONS

- All game materials and supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 1.0–1.5 hours





THE CLUB
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CREATIVE COLLABORATION



CREATIVE COLLABORATION

CAN YOU BUILD IT... FOR CHARITY?

Challenge your group to build the greatest can sculptures of all time...all while collecting food for a charity of your choice!

With your group's input and teambuilding goals in mind, we customize classic challenges for your group. After splitting the group into teams, our facilitator will guide them through fast and furious fun tasks where they compete to earn money to buy each other canned and dry goods as well as construction materials. Teams may use specific themes or create sculptures that symbolize their work or current projects. At the end of the activity, each team will do a presentation.

ACTIVITY INCLUSIONS

- All game materials and supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 1.5-2.0 hours



CREATIVE COLLABORATION

ART SHOW CHALLENGE

Paint a picture of total team fun and release your team's creative juices...whether it's sculpting, painting or building the ultimate team art project. If your guests spend a ton of time in a digital work world, Team Art Challenge is the perfect experiential antidote!

This game allows everyone a chance to express themselves in an activity of their choice. The group will be split into smaller teams and compete in a series of challenge stations to win their art supplies and extras. The teams may want to paint, draw, sculpt, or perhaps create a piece of performance art that can be preserved by video for posterity. Our experts will assist in the conceptualization and execution of the concept, and each team will want to bring their own creation back to the office in celebration of creative teamwork.

ACTIVITY INCLUSIONS

- All game materials and supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 1.5–2.0 hours

PAINT & WINE

Whether it's a social or corporate event, Paint & Wine allows your guests to create memories while sharing an activity with family members, friends, guests or colleagues.

As a team building activity this experience is a fun and engaging, and great to build a sense of community both during and after the event.

ACTIVITY INCLUSIONS

- All game materials and supplies
- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 3.0 hours





THE CLUB
AT THE CLAREMONT

WELLNESS



WELLNESS

WELLNESS 360°

FITNESS

The modern workplace is an interesting environment, where we see injuries related to a lack of functional movement combined with highly repetitive tasks on a daily basis. Our job is to promote a healthy lifestyle that allows people to handle the requirements of their job, and more importantly, enjoy their life outside of the workplace.

NUTRITION

No one diet works for everyone. So what should you eat? We'll start off with an ingredient discovery game to increase awareness of what's hiding in everyday food products. Then we'll organize groups to make their recipes from real food. Choose from assembling quick, easy meals or make-your-own proteins/snack bar. We'll end with a taste test so each person finds their favorite recipe, or, two. Participants will receive all recipes so they can make them again at home.

ORGANIZATIONAL DEVELOPMENT

We offer comprehensive, high-level organizational development programs to address your team's needs. Whether focusing on Communication Style Inventories, DISC Profiles, 5 behaviours of Cohesive Teams or Strength-Based Leadership, Team Building ROI has the expertise to take your meeting to the next level.

ACTIVITY INCLUSIONS

- Coordinated by Adventures & Experiences
- Pre-activity telephone interview to identify your group's goals, culture and vision
- Customized team building experience with professional facilitator
- Post-program notes and photos (online)
- Direct billing to Claremont master account

DURATION

- 4.0–5.0 hours



THE CLUB
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TRANSPORTATION SERVICES



TRANSPORTATION

LET US DO THE DRIVING

Let us take care of your transportation after a day of pampering and relaxation at the Claremont Club & Spa. Our premier services will cater to your individual as well as group needs. Estimates are based on group size and location. Choose from the following vehicles:

4-Passenger Sedan

7-Passenger SUV

6-8 Passenger Stretched Limo

12-15 Passenger Executive Van

10-12 Passenger Sprinter

22-Passenger Mini Coach

28-Minivan

35-Passenger Luxury Bus

56-Passenger Bus



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GROUP
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