



THE CLUB

AT THE CLAREMONT

SOMATICS TRAINING PROTOCOLS & POLICIES

1. Please stay home if you are ill or are showing symptoms of any kind. Please wash hands or sanitize them prior to arrival. Members participating in any activities at the Club assume all risks, including exposure to COVID – 19, with the understanding they have waived all rights under the terms of the membership agreement.
2. All members and guests to check in at Club Reception Desk upon arrival.
3. Guests and Club Members training privately for the first time are required to contact the Director of Wellness or Club Manager on Duty via email at CLA.Club@Fairmont.com or call 510-549-8517 Monday through Sunday between 6:00am and 9:00pm. Advanced reservations of minimum 7 business days are required. A Health History Form will be sent to be completed. For recurrent sessions, once matched with a Somatics Trainer, member/client will arrange schedule directly with trainer.
4. Fitness trainings are offered in 50 minutes or 80 minutes sessions for individual, duets, 3-person and 4-person. Please refer to the brochure for pricing.
5. Trainers will determine the meeting location for the first and consecutive sessions, i.e. Club Front Desk, Fitness Center, Outdoor Pavilion, etc.
6. Cancellation policy requires calling the trainer 24 hours prior to the scheduled appointment. Cancellations within 24 hours of the scheduled appointment will result on automatic charge to the room or member account. Clients are responsible for contacting their trainers directly.
7. All training sessions will be charged automatically to the member account or hotel guest room. If a different payment method is preferred, please indicate so to the Director of Wellness upon completion of inquiry form and/or to the Somatics trainer upon schedule confirmation.
8. Plan to arrive 10 to 15 minutes before appointment time for check in at the Reception Desk, leave valuables in locker rooms and use the restrooms. If guest/member is late for their appointment, guest/member will use the remaining of time slot.
9. Training sessions will be held in the Indoor Fitness Center, Outdoor Pavilion or Group Exercise and Spin studios upon availability during non-class hours.
10. Guests and Club Members are required to clean and sanitize after using the equipment.
11. 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 CLA.Club@Fairmont.com.