

WELLNESS MENU
JANUARY 2012

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am	Fitness Studio		Body Sculpting		Boxer's Workout			
8:00 am	Fitness Studio	Boxer's Workout	Cycle & Sculpt	Cycle & Sculpt	Cycle & Stretch	Bootcamp	Boxer's Workout	Core Work
9:00 am	Fitness Studio	Core Work		Core Work		Interval Blast	Interval Blast	Outdoor Bootcamp
10:00 am	Fitness Studio		Boxer's Workout		Body Sculpting	Core Work	Body Sculpting	
11:00 am	Fitness Studio	Cycle & Sculpt		Body Sculpting				Cycle & Sculpt
4:00 pm	Fitness Studio		Bootcamp	Body Sculpting	Interval Blast			

Scheduled Wellness Classes

\$25 per person/per class

***Classes subject to change – updated class schedule will be posted in the Fitness Center*

60 minute private one on one session	\$125
90 minute private one on one session	\$188
60 minute private group class (3-10 people)	\$325

January Wellness Spotlight: New Year, New You

The New Year brings the idea of starting over, starting new, and beginning new habits. Some write a list of resolutions, some make a bet with friends, and some just make a promise that they will start living healthier. The truth is many of us need more than a list or a bet with our friends to see any results. Accountability is a huge factor in continuing your new path to wellness. The Montage has trainers on staff that can help you stay motivated and set you up for success. We specialize in customized plans that work for you! See a Montage Trainer to start your new and improved fitness plan.

For your convenience we offer the following at Spa Montage:

Wellness Classes: With a variety of classes offered, we provide an intimate setting for our guests. Montage instructors create a personalized experience by customizing the classes to the participants. Sign-up at the fitness desk or spa reception desk, classes are just \$25 per person/per class. Classes may be purchased a la carte to spa day guests as well.

Personal Training: Montage trainers are well versed in customizing your workout to your needs and goals. We offer anything from one on one boxing to one on one yoga, please visit the fitness center and speak to one of our trainers to arrange your sessions. To book a personal training session or sign-up for classes call (310) 860-7840 or from your guest room, simply dial 7840.

WELLNESS MENU JANUARY 2012

CLASS DESCRIPTIONS

Morning Stretch: Start the day with a full body stretch to get you ready for daily tasks. Improve range of motion, posture, and mobility by performing energizing stretches.

Mat Pilates: Classic Pilates exercises performed on the mat. The benefits include improved posture, pelvic stability, spinal mobility, and sculpted abs.

Pilates Plus: Begin with a low impact cardio warm-up and fuse together standing balance exercises with classic mat Pilates. This is an amazing workout for people that want to work hard without impact on the joints.

Piloga: Combining Eastern and Western forms of movement will give you the benefits of a Pilates core and the flexibility and still mind of Yoga.

Yoga Pump: Get the benefits of yoga and weight training in one class. Holding yoga poses while adding light weights gives the ultimate experience of strength and bliss. All levels welcome.

Yoga Stretch: A class that focuses on a full body stretch by using yoga poses. Benefit from yoga by increased blood flow and relaxation of the mind. All levels welcome..

Boxer's Workout: This class combines the use of jump rope and boxing drills as a form of cardio mixed with strength movements to challenge balance, stamina, lower body shape and tone.

Interval Blast: Challenge your body by interval training. Combining strength training with cardio drills will take your workout to the next level. With continuous movement you will be taking an active rest in between your strength sets.

Body Sculpting: Re-shape your body and strengthen your muscles by fusing principles from traditional body sculpting, functional training, core & balance work.

Bootcamp: Put yourself to the test with this class. Your trainer will take you through a combination of cardio drills, plyometrics, strength training, and agility moves. You will end with an intense core workout and deep sports stretches.

Cardio Dance: High-energy freestyle movements set to contemporary urban music. Join the party! It's a fun way to burn calories and improve coordination.

Core Work: It's time to go extreme. In this class you'll combine core exercises with bursts of plyometric movement that will get your heart racing and strengthen your core.

Indoor Cycling: All our indoor cycling classes offer an intense workout done on special LeMond stationary bikes that helps increase endurance and work the lower body, focusing on the quads, glutes, and hamstrings. (Limit 6 people)

Cycle/Yoga Fusion: A challenging 30 minute indoor cycling work out to help increase endurance and work the lower body. Finishing off with 30 minutes of Yoga to help stretch the muscles just worked as well as bring balance to the mind.

Cycle and Sculpt: Have one hour to work out? This class is a 30 minute heart pounding cycle workout with exercises that will sculpt your body into a work of art.

MONTAGE FITNESS FACILITY POLICIES:

Must be 16 years of age or older. Shirts & closed-toed shoes required. No cell phones allowed.