WELLNESS CALENDAR
August

SPA MONTAGE

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 a.m.	Movement Studio/Beach			Cardio BOSU		Body Sculpt	Cardio BOSU	
8:00 a.m.	Movement Studio/Beach	MMA Boot Camp	Spin & Stretch	Beach Boot Camp	Spin & Stretch	Beach Boot Camp	Beach Boot Camp	Vinyasa Core Yoga
9:00 a.m.	Beach (Spa Front Desk)	Thalassic Beach Walk*	Thalassic Beach Walk*	Thalassic Beach Walk*	Thalassic Beach Walk*	Thalassic Beach Walk*	Thalassic Beach Walk*	Thalassic Beach Walk*
10:00 a.m.	Movement Studio/Pool	Aqua Fit (Mosaic Pool)	Aqua Fit (Mosaic Pool)		Vinyasa Core Yoga	Vinyasa Core Yoga		Global Dance
11:15 a.m.	Movement Studio/Beach				Beach Yoga for Kids	Beach Yoga for Kids	Body Sculpt	
5:00 p.m.	Movement Studio/Beach	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual
6:00 p.m.	Movement Studio/Beach	Meditation (15 minutes)	Meditation (15 minutes)	Meditation (15 minutes)	Meditation (15 minutes)	Meditation (15 minutes)	Meditation (15 minutes)	Meditation (15 minutes)

Additional information: All classes on this schedule are complimentary for resort and spa guests. Please see reverse side for class descriptions. The Montage Yoga Ritual draws on a variety of different yoga styles. Each class is customized to the overall level of the participants. *The Thalassic Beach Walk is our Montage signature class. This class combines the benefits of breath work with the healing elements of the ocean to unite mind and body.

AUGUST SPOTLIGHT - Be Ready for Anything with Functional Agility Training!

Functional agility training involves performing physical exercises that enhance the interrelationship between the nervous system and the muscular system. It requires performing strengthening exercises that engage multiple muscle groups in such a way that the increase in strength and neuromuscular capacity directly enhances the performance of movements so that your daily activities are easier to perform and the risk of injury is reduced. It is the most efficient way to improve your overall athletic ability, coordination, balance, core and joint stability. You become more physically capable and ergonomic in your daily activities.

All wellness training sessions include full access to the spa for the entire day starting at $130. Please call the spa at 949.715.6010 to make your reservation today!

Thalassic Beach Walk:

Walk barefoot in the soft sand and in the surf, meditate by the water's edge and savor the benefits of the sea. Please wear shorts, as you will be near the ocean's edge and might get wet. We will supply the sandals.

Montage Yoga Ritual:

Experience the benefits of yoga by uniting mind, body and breath with the elements of the ocean.

Vinyasa Core Yoga:

A dynamic flow of yoga postures and core exercises to increase stamina, strength and flexibility.

Beach Yoga for Kids:

A fun, creative and playful yoga experience for kids on the beach. Class meets at the spa front desk at 11:15 am.

Spin and Stretch:

45 minutes of heart-pumping, fat burning spin followed by 15 minutes of stretching to relieve tight and sore muscles.

MMA Boot Camp:

A complete outdoor workout on the lawn using strength, endurance and agility training from mixed martial arts.

Beach Boot Camp:

Enjoy an exhilarating class on the beach. You will be put to the test through a series of intervals, sprints, pushups and stair climbing, finishing with a hard core abdominal workout. Prepare to sweat!

Body Sculpt:

A combination of cardio, weight training and core work to strengthen and define the muscles and burn excess fat.

Aqua Fit:

Get a refreshing and effective workout in the pool using the resistance of the water and buoyant weights to increase endurance, strength and range of motion without stressing the joints.

Global Dance:

Shape and sculpt your body while learning new choreography. This class draws on a variety of dance styles including Salsa, Belly Dancing, Hip-Hop and Tai Chi.

Cardio BOSU:

An acronym for 'both sides up', the BOSU utilizes two surfaces, a dome side and a platform side to develop core strength, enhance agility and improve overall balance.

Private Instruction:

We offer any of our classes for private or group instruction. Private sessions include access to our spa amenities and spa pool. Private sessions start at just $130. Please ask a wellness trainer or guest reception agent to make a reservation.

Other Private Instruction Includes: Assisted Stretch, Weight Training, Pilates, Specialized Yoga, NIA, Many Styles of Dance, Aqua Fitness, Hiking, Running, Cycling, Kick Boxing, Sport-Specific Conditioning, Foam Rolling, Creative Visualization and Meditation.

Assisted Stretch:

A private wellness service you will most certainly enjoy. The trainer does the work; you receive all the benefits of yoga. This service will leave you calm, relaxed, loose and flexible.

Artist in Residence- Ashley Turner:

E-volve through the Mind-Body Wellness Series led by yoga instructor and health/wellness expert, Ashley Turner. Join us August 6th for Ashley's workshop "Fire and Flow." Your yoga experience includes one or both classes (9-11 a.m. and/or 3-5 p.m.) as well as full access to the spa and spa pool. $65 per class.

Please call Spa Montage at 949.715.6010 to make your reservation.

Montage Fitness Facility Policies: Must be 16 years of age or older, ages 13-15 permitted if accompanied by an adult. Shirts & closed-toed shoes required. No cell phones please.