SPA MONTAGE

WELLNESS CALENDAR

March

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 a.m.	Movement Studio/Beach	Body Blast	Pilates Mat	Beach Boot Camp	Power Yoga	Beach Boot Camp	Beach Boot Camp	BOSU Yoga
9:00 a.m.	Beach (spa 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/Beach					Spin-n-Roll	MMA Boot Camp	Pilates Mat
11:00 a.m.	Movement Studio						Cardio Dance Fusion	Global Dance
5:00 p.m.	Movement Studio	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual	Montage Yoga Ritual

*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.
Montage Yoga Ritual classes draw on a variety of different yoga styles and are customized to accommodate the general level of the guest participants. See reverse for class descriptions.

We invite you to schedule a customized private training, yoga or Pilates mat session to compliment your massage or facial for just $99.

MARCH SPOTLIGHT - Experience the Perfect Day at Spa Montage.

*Start your spa day with the Thalassic Beach Walk at 9:00 am to remineralize, refresh and restore body, mind and spirit.
* Boost your metabolism, burn excess fat, strengthen and stretch your body with a customized private training, private yoga, mat Pilates or assisted stretch.
*Enjoy the Art of Spa along with a relaxing, therapeutic, soothing massage or body treatment to increase circulation, flush out toxins and rejuvenate the body.
*Relax at our 'adults only' spa pool and enjoy a healthy and delicious meal from our spa menu while overlooking the stunning Pacific Ocean.

We are offering the perfect combination of a customized private training, private yoga, mat Pilates or assisted stretch for $99 with your spa treatment of 60 minutes or more.

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 Flow Yoga:
Lengthen, strengthen and balance your body through a dynamic flow of postures, linking breath and movement.

Power Yoga:
Invigorate the body and mind through a challenging sequence designed to increase strength and stamina.

Restorative Yoga:
Nurture your body and mind with deep relaxation in supportive and calming postures.

BOSU Yoga:
A perfect combination of yoga postures using the BOSU ball to develop core strength and flexibility. A true mind-body experience.

MMA Boot Camp:
A great workout on the lawn using training techniques from the discipline of mixed martial arts.

Cardio Dance Fusion:
Experience the ultimate in fusion fitness. You will benefit from aerobic training through cardio dance and martial arts movement, strength work and stretch through yoga postures, as well as, exercises specifically for developing core strength. Shoes optional as it is a non to low impact class.

Spin-n-Roll:
45 minutes of heart-pumping, fat burning spin followed by 15 minutes of foam rolling to relieve tight and sore muscles.

Global Dance:
Shape and sculpt your body while learning new choreography. This class draws on a variety of dance styles including Latin, Middle Eastern, African, Hip-Hop, and Tai Chi.

Beach Boot Camp:
Enjoy a heart-pumping and exhilarating class on the beach. You will be put to the test through a series of intervals, sprints, pushups and stair climbing, finishing up with a hardcore abdominal workout. Prepare to sweat!

BOSU:
Challenge your stabilizing core muscles. 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.

Body Blast:
Re-shape your body and strengthen your muscles by fusing principles from traditional body sculpting, functioning training, core and balance work. Focus on form, alignment and body awareness with this refreshing approach to exercise and movement.

All classes are customized to meet all levels.

Private Instruction:
We offer any of our classes for private instruction for one or a group. Please ask an instructor about setting up a consultation.

Other Private Instruction Includes: Personal Training, Weight Training, All levels of Pilates, Specialized Yoga, NIA, Many styles of Dance, Aqua Exercise, Hiking, Running, Cycling, Kick Boxing, Sport Specific Conditioning, Assisted Stretch, Foam Rolling, Creative Visualization and Meditation. Most 60 minute private trainings and day use of spa - $130.

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