

# WELLNESS CALENDAR

February



| TIME       | LOCATION               | MONDAY                | TUESDAY               | WEDNESDAY             | THURSDAY              | FRIDAY                | SATURDAY              | SUNDAY                |
|------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 7:00 a.m.  | Movement Studio        |                       | Spin & Stretch        |                       | Spin & Stretch        | Body Sculpting        | Cardio BOSU           |                       |
| 8:00 a.m.  | Movement Studio/Beach  | Body Sculpting        | Core Fusion           | Beach Boot Camp       | Mat Pilates           | Morning Stretch       | 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 |
| 11:00 a.m. | Movement Studio        |                       |                       |                       | Vinyasa Core Yoga     |                       | Yoga 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 |

## Additional Information:

All classes on this schedule are complimentary for all resort and spa guests. Please see reverse side for class descriptions.

\*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.

\*\*Tuesday, Thursday & Sunday Montage Yoga Ritual workshop is available for resort and day guests including spa amenities and spa pool from 4pm to 9pm, \$40.

## FEBRUARY SPOTLIGHT - Heart Health

February is National Heart Month and Spa Montage would like you to spend time focusing on the health of your heart and thinking about how your emotions directly affect your heart's health. Did you know negative emotions such as fear, anxiety and anger may have negative effects on your heart such as higher blood pressure and irregular heart rhythms? While positive emotions such as love and appreciation will lead to lower blood pressure and a normal heart rhythm.

We encourage you to focus on positive emotions by showing appreciation for yourself or someone you love and taking care of your heart.

*Please call the spa at 949.715.6010 and allow our reservation agents to set up a relaxing and customized spa day just for you.*

### **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 ancient practice of bringing body, breath and mind into balance with our yoga instructors.

### **Vinyasa Core Yoga:**

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

### **Yoga Dance Fusion:**

A high energy class that fuses dance, yoga, core exercises and upbeat music for the ultimate mind-body experience.

### **Core Fusion:**

A full body workout with a focus on core exercises to develop strength, balance and stability.

### **Morning Stretch:**

Improve range of motion, posture and mobility by adding energizing stretches to start your day.

### **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 Sculpting:**

A combination of cardio and strength training that will re-shape your body, increase your endurance and strengthen your muscles.

### **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.

### **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.

### **Spin and Stretch:**

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

### **Mat Pilates:**

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

### **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.

### **Wellness 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 February 11th and 12th for Ashley's workshops "Reclaim Romance." Your yoga experience includes one or both classes (9-11am each day) as well as full access to the spa and spa pool on the day of your class. \$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.