



**WELLNESS MENU
SEPTEMBER 2010**

SCHEDULE OF CLASSES*

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM	Fitness Studio		Morning Stretch	Indoor Cycling	Indoor Cycling	Mat Pilates	Morning Stretch	
8:00AM	Fitness Studio	Boxer's Workout	Cycle/Yoga Fusion	Mat Pilates	Core Work	Cycle/Yoga Fusion	Mat Pilates	Outdoor Bootcamp
9:00AM	Fitness Studio	Cardio & Strength	Total Body Workout	Cardio & Strength	Boxer's Workout	Outdoor Bootcamp	Cycle/Yoga Fusion	Core Work
10:00AM	Fitness Studio		Mat Pilates	Yoga Pump		Hip-Hop	Hip-Hop	
4:00PM	Fitness Studio		Outdoor Bootcamp	Outdoor Bootcamp	Total Body Workout	Boxer's Workout	Cardio & Strength	

***Scheduled Wellness Classes**

***Classes subject to change*

60 minute private session

90 minute private session

\$25 per person/per class

\$125

\$188

WELLNESS MENU SEPTEMBER 2010

SEPTEMBER SPOTLIGHT – Back to the grind

Now that we have gotten used to our summer lives of sunny days, vacations, late nights, eating out, and outdoor activities it is time to get back to our daily routines. Here are some healthy tips to get you back to the grind.

Schedule your day – Having an idea of what you are doing throughout the day makes it easier to plan your meals and workouts.

Enroll in a class – Most of us still get that back to school feeling each September. Sign up for a dance, fitness or art class in your local community. It will allow you to stay consistent with an activity and give you a little play time.

Book a personalized training session – Meet with one of our Montage trainers to get you started on a fitness plan. We can provide you with the right tools to get the results you've been looking for.

To book a personal training session or sign-up for classes call (310) 860-7840 or from your guest room, simply dial 7840.

CLASS DESCRIPTIONS

Mat Pilates: A step beyond the traditional mat exercises, add some flare to your routine by incorporating a Pilates ring, bands, and a stability ball. The benefits include improved posture, pelvic stability, spinal mobility, and sculpted abs.

Morning Yoga: Increase blood flow and energy by combining your breath and movement. This class will take you through a basic yoga sequence to prepare your mind, body, and soul for the day. All levels welcome.

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.

Hip-Hop: High-energy freestyle movements set to contemporary urban music. Join the party, it's a fun way to burn calories and improve coordination.

Cardio & Strength: 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.

Outdoor 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.

Boxer's Workout: Exercise your heart and body but prepare to sweat! Just like a boxer's workout you will be performing boxing intervals, sprints, pushups, jumping rope and finishing up with a hardcore ab workout.

Core Work: Exercises for your core that go beyond crunches and back extensions. Be prepared to work muscles you didn't know exist.

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

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

Cycle/Yoga Fusion: A challenging 30 minute indoor cycling class done on special LeMond stationary bikes to help increase endurance and work the lower body, focusing on the quads, glutes, and hamstrings – ending with 30 minutes of Yoga to help stretch the muscles just worked as well as bring balance to the mind. (Limit 6 people)

MONTAGE FITNESS FACILITY POLICIES:

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

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. Personal Training, Weight Management, All levels of Mat Pilates, Yoga, Hiking, Running, Kickboxing, Aqua, Indoor Cycling, Sports Conditioning, Hip-Hop, Jazz and Latin Dance.