WELLNESS CALENDAR
July

SPA MONTAGE

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 a.m.	Movement Studio	Cardio BOSU	Body Blast	Beach Boot Camp	Vinyasa Core Yoga	Montage Spin-n-Roll	Beach Boot Camp	MMA Boot Camp
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/Pool	Vinyasa Core Yoga	Beach Boot Camp	Aqua Bootcamp (Mosaic Pool)	Fit Kids ages 8-15	Aqua Bootcamp (Mosaic Pool)	Vinyasa Core Yoga	Global Dance
10:30 a.m.	Movement Studio/Lawn				Fit Kids ages 3-7 (1/2 hr)			Yoga for Kids ages 3-7 (1/2hr)
11:00 a.m.	Movement Studio/Lawn					Vinyasa Core Yoga	Cardio Dance Fusion	Yoga for Kids ages 8-15
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:
*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 (on the beach), beach boot camp or assisted stretch with full access to our spa amenities and spa pool for just $130.

JULY SPOTLIGHT - Mind-Body Fitness for Lifelong Good Health

Reconnect your mind and body through movement in one of our complimentary wellness classes. Whether you choose yoga, dance, body blast or another form of movement for exercise, remember that our bodies are made to move to feel good. Consider redefining exercise as any activity that unites your mind and body and reduces your level of stress. High levels of stress have been linked to weight gain and can lead to emotional eating. Find activities that are enjoyable, and easy when developing an exercise plan. Allow us to help you cultivate a love of movement to promote a lifelong program of good health.

We welcome you to reserve a private interval training session, customized specifically for you, so that you can achieve optimal fitness.

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 series of postures and core strengthening exercises linking mind to body through breath.

Body Blast:
Alternate strength training with cardio fitness and functional agility in this fun and challenging circuit training workout.

Fit Kids:
A fun, energetic class for kids to develop strength, stamina, stretch, and core balance through play and creative activities.

Yoga For Kids:
This class brings the mind-body experience and all the benefits of yoga to kids through story, play, and creative activity. Join us on the studio lawn for this fun filled yoga class for kids ages 3-15.

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 hard core abdominal workout. Prepare to sweat!

Cardio 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.

Aqua Bootcamp:
Stay cool in the pool and enjoy a great workout that is easy on the joints. Using buoyant weights, the resistance of the water and hydrostatic pressure, this class provides cardiovascular fitness as well as strength training without the stress on the knees, hips or back. Aqua socks or aqua shoes recommended

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.