



S P A M O N T A G E
DEER VALLEY

NOVEMBER

WELLNESS CALENDAR

FALL WELLNESS HOURS: **6:00 A.M. - 7:00 P.M.**

FAMILY SWIM TIME: **9:00 A.M. - 11:00 A.M. & 4:00 P.M. - 6:00 P.M.**

Time	Location	MON	TUE	WED	THUR	FRI	SAT	SUN
7:45 a.m.	Movement Studio	Morning Mountain Stretch	Sunrise Salutations	Sunrise Salutations	Morning Mountain Stretch	Morning Mountain Stretch	Aquarobics	Sunrise Salutations
9 a.m.	Movement Studio		Barre Balance		Vinyasa Yoga			
10:30 a.m.	Movement Studio	High Altitude Boot Camp	Restorative Yoga	eLIGNALATES™		eLIGNABAR®	High Altitude Boot Camp	Cardio Core Hoop
2 p.m.	Movement Studio			Cardio Core Hoop	Glutes and Abs	High Altitude Boot Camp	eLIGNABAR®	Barre Balance
4 p.m.	Movement Studio	Vinyasa Yoga	eLIGNABAR®	Vinyasa Yoga				
5 p.m.	Movement Studio	Restorative Yoga			eLIGNALATES™	Barre Balance	Glutes and Abs	High Altitude Boot Camp

CLASS DESCRIPTIONS

AQUAROBICS: Use the gentle resistance of water for a full body cardio session in the pool. Easy on the joints, this workout will improve flexibility and expel muscle toxins. *Meet in movement studio. Indoor or Outdoor pool will be used.*

BARRE BALANCE: Use the ballet bar to tone and stretch your arms, legs, and abs. The bar is used to assist you through poses and exercises creating strength and balance.

CARDIO CORE HOOP: An all encompassing class that combines stretch, core work, yoga, and fat burning cardio through the use of various weighted hoops. Tone the whole body and relax and focus the mind in this fun, dynamic session suitable for all skill levels.

eLIGNABAR®: An active fundamental posture plus core strength and stability class using the eLIGNABAR®; a light weight bar that assists in targeting core stabilization muscles while bringing awareness to our spinal alignment.

eLIGNALATES™: Combine the essence of mat Pilates with the use of the eLIGNABAR®. Focus on muscle elongation, balance, strength, and overall postural health.

GLUTES AND ABS: Feel the burn as you strengthen and tone your gluteal muscles, abdominals, and back muscles to create a strong core for all your activities.

HIGH ALTITUDE BOOT CAMP: Use our 8,300ft of elevation to your advantage and improve your fitness level through a super-charged combo of strength and cardio circuits.

MORNING MOUNTAIN STRETCH: Begin your day by joining us in a gentle stretch to prepare you for your mountain activities or simply to awaken the body.

RESTORATIVE YOGA: Rejuvenate and relax with gently supported yoga poses. Reduce stress, release muscle tension, & increase flexibility.

SUNRISE SALUTATIONS: Combine aromatherapy and breath work intertwined with gentle yoga poses to initiate a meditative state. Awaken the senses and body for your day ahead.

VINYASA YOGA: Get a full body workout through sun salutations & Vinyasa flow Yoga. Focus on breathing as you move through dynamic & challenging poses. End class with a shot of tea.

***classes and times subject to change.**

MONTAGE WELLNESS POLICIES: MUST BE 16 YEARS OF AGE OR OLDER, AGES 13-15 PERMITTED IF ACCOMPANIED BY AN ADULT.

SHIRT AND CLOSED TOED SHOES REQUIRED. NO CELL PHONES PLEASE.

WELLNESS ACTIVITIES

Spa Montage Deer Valley believes focusing on the individual is imperative to a beneficial, personalized experience. We believe optimal personal wellness should incorporate a variety of enriching experiences, including healthy nutrition, physical fitness opportunities, and mind/body focused practices.

We are pleased to offer locals and guests alike a robust collection of activities that bring balance to your spa experience and to your journey in life. Along with our wellness classes, Spa Montage Wellness Center offers private, customized sessions with highly trained professionals. **ADVANCED BOOKINGS ARE HIGHLY RECOMMENDED.**

- ◆ 30 MINUTE SESSIONS: **\$75**
- ◆ 60 MINUTE SESSIONS: **\$140**
- ◆ 90 MINUTE SESSIONS: **\$195**
- ◆ SERIES PRICING: **Available upon inquiry**

PRIVATE PILATES REFORMER: A system of springs and ropes are used, providing assistance and resistance during exercises. This increases the level of benefits gained during your workout. The reformer caters to each individual's needs with a variety of exercises used to improve posture, core, and overall body strength.

PRIVATE INSTRUCTION: Allow our certified instructors to tailor a practice specifically to your needs. Choose from a variety of activities, including yoga, dance, aquatic fitness and our signature eLIGNABAR® class. Be sure to enjoy the beautiful scenery from the Wellness Center during your workout!

PERSONAL TRAINING: Enjoy a personalized one-on-one workout with a certified personal trainer. Our trainers evaluate your physical fitness and help you set realistic goals based on your current level of fitness. Trainers also help you acclimatize to Deer Valley's high altitude. Learn a new move, challenge yourself, or stay on track with the help of a private session. Trainers use FreeMotion® equipment and create workouts that you can take home with you.

WELLNESS PACKAGE OPTIONS: Our team of fitness professionals help to enhance the experiences and activities you participate in while exploring the Wasatch Mountain range. Our inventive array of personalized and group wellness training sessions allow you to reach peak performance during your stay and leave Montage Deer Valley with a variety of new practices.

At Spa Montage Deer Valley we want to make sure each guest leaves feeling invigorated and rejuvenated. A sense of wonder defines our spa experience, and we feel it is essential that each guest be given the opportunity to leave Montage Deer Valley feeling just that; a sense of wonder and awe.

Call **(435) 604-1400** to schedule a private session.