

WELLNESS CLASSES
SEPTEMBER 2016

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	Fitness Studio	Boxing Boot Camp				Mindful Morning Flow	Tabata	
9:00am	Fitness Studio	Kettlebell & Conditioning	Yoga Flow (complimentary for hotel guests)	Mindful Morning Flow (complimentary for hotel guests)	Cycle & Abs	Power Yoga (complimentary for hotel guests)	Boot Camp	Yoga Core (complimentary for hotel guests)
10:00am	Fitness Studio		Deep Stretch					Power Yoga
12:00pm	Fitness Studio	Body Sculpting	Yoga Core	Power Yoga	More Than Core	Yoga Core	MMA Conditioning	Yoga Flow

Fitness Spotlight

In honor of National Yoga Month, we are offering complimentary yoga classes at 9:00 a.m. for hotel guests on select days.

Scheduled Wellness Classes

Hotel Guests \$25 per person/per class*

*Classes are subject to change. Up-to-date schedules are available in the Fitness Center.

*Classes are subject to cancellation 15 minutes after start time if no participants are present.

Private Sessions

60 minutes \$135

90 minutes \$188

Group Private (3-10 people) \$325

Private Sessions: Montage wellness trainers are well-versed in customizing your workout to fit your body's needs and goals. Spa Montage offers everything from boxing and spin to meditation and yoga. Please visit the Fitness Center and ask a wellness trainer or spa reservations agent about setting up a consultation.

Wellness Classes: With a variety of classes offered, Spa Montage provides an intimate setting for our guests. Wellness trainers create a personalized experience by customizing each class to its participants. Guests may sign-up at the Fitness Center desk or at Spa Reception. Classes are \$25 per person/per class.

To reserve a private session or to sign-up for wellness classes, please call (310) 860-7840 or dial 7840 from your guestroom.

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CLASS DESCRIPTIONS

Deep Stretch: Relaxing restorative poses are held up to five minutes to cultivate a deeper physical opening. Props are used to help the body open into the postures. In this class, you'll lengthen muscles, increase flexibility, calm the body and balance the mind. All levels welcome.

Gentle Yoga: An all levels yoga class that helps improve range of motion, increase flexibility and focus the mind. Open your body with gentle stretches and muscle strengthening.

Mindful Morning Flow: An all levels yoga class linking poses with the breath to help energize the body and focus the mind. Meditation and essentials oils may be incorporated.

Restorative Yoga: Focus on the body's natural relaxation response and soothe the nervous system with gentle poses and the aid of props to reduce stress, release tension and calm the mind. Essential oils will be utilized.

Power Yoga: Get your heart rate pumping in this active flow class. Move through dynamic and challenging poses as you strengthen the body and mind.

Vinyasa Flow: Active class linking breath and movement to deepen breathing, increase strength, improve endurance and test the edge of your balance and flexibility.

Yoga Core: An energizing flow class focusing on strengthening the core using standing poses as well as mat work.

Step Aerobics: Build cardiovascular strength, improve coordination, elevate heart rate and burn calories with the usage of platforms.

Roll Out: A session to increase flexibility, improve posture and reduce muscle soreness. This class uses foam rollers, tennis balls, and more.

Boxing Boot Camp: This class combines jump roping and boxing drills with movements that challenge balance, strengthen stamina, workout the lower body and tone the entire body.

Body Sculpting: Re-shape your body and strengthen your muscles by fusing principles from traditional body sculpting, functional training, core and balance work.

Outdoor Boot Camp: Challenge yourself with this class where your trainer will take you through a combination of cardio drills, plyometrics, strength training and agility moves. Finishing with an intense core workout and several deep sport stretches.

Tabata: This is a form of High Intensity Interval Training (HIIT) – an excellent way to burn calories, build stamina and strengthen muscles!

Montage WOD: Our Montage Workout of the Day is created by our Wellness Instructors and incorporates a variety of fitness methods.

MMA Conditioning: Get ready to push yourself mentally and physically with this workout. This class includes wrestling and striking techniques as well as body weight exercises for maximum strength training.

More Than Core: This class includes standing exercises and mat work that will strengthen your core and create mobility in the torso area.

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

HIIT: High Intensity Interval Training to build endurance for the whole body. HIIT is an efficient way to burn fat, increase metabolism, and build strength.

Cycle & Abs: A challenging 35 minutes of indoor cycling to improve endurance, followed by 25 minutes of abdominal exercises.

Cycle & Sculpt: Have only one hour to work out? This class is a 30 minute heart pounding cycle workout with exercises that will sculpt your body into a work of art.

MONTAGE FITNESS FACILITY POLICIES:

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