



# FITNESS CLASS CALENDAR

Winter 2017



Time	Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Movement Studio	Restorative Yoga	Vinyasa Yoga	Muscle Mix Up	Interval Training	Spin Class	Spin Class	Spin Class
7:15am	Movement Studio	Morning Mountain Stretch	Morning Mountain Stretch	Morning Mountain Stretch	Morning Mountain Stretch	Morning Mountain Stretch	Morning Mountain Stretch	Morning Mountain Stretch
9:00am	Movement Studio	Pilates Mat	Restorative Yoga	Yogalates	Pilates Mat	Bosu Boot Camp	eLIGNABAR®	Barre Balance
10:30am	Movement Studio	Vinyasa Yoga	Pilates Mat	Interval Training	Yogalates	Muscle Mix Up	Yoga Fusion	Pilates Mat
2:00pm	Movement Studio	Cardio Core Hoop	Muscle Mix Up	TRX Circuit	Bosu Boot Camp	eLIGNALATES™	Move & Groove	eLIGNABAR®
4:30pm	Movement Studio	Après Ski Stretch	Après Ski Stretch	Après Ski Stretch	Après Ski Stretch	Après Ski Stretch	Après Ski Stretch	Après Ski Stretch
5:30pm	Movement Studio	Spin Class	TRX Circuit	eLIGNALATES™	Muscle Mix-Up	TRX Circuit	Bosu Boot Camp	Bosu Boot Camp

 \$15 per class, unless otherwise indicated.

 Complimentary Classes

## FITNESS

Spa Montage is passionate about total wellness, body, mind and spirit. Our wellness experts specialize in a variety of fitness techniques and are here to assist you with looking and feeling your best. All sessions include spa pool and facility access. All pricing below is per person for up to four guests, per private session. Hotel and day guests are welcome to enjoy complimentary access to our wellness center and select fitness classes. Please come prepared dressed in active attire.

### PERSONAL TRAINING

A full-body assessment creates a personalized training session and provides information and guidance to continue your fitness regimen for a lifetime. Private group fitness classes, training sessions and series pricing is available.

- 30 minutes • \$75 per person
- 60 minutes • \$140 per person
- 90 minutes • \$195 per person

### FITNESS CENTER HOURS

6:00 A.M. - 8:00 P.M.

### FAMILY SWIM TIME

9:00 A.M. - 11:00 A.M. & 5:00 P.M. - 7:00 P.M.

### MONTAGE FITNESS FACILITY POLICIES

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

For more information or to schedule a private session please contact the Spa front desk at (435) 604-1400.



# CLASS DESCRIPTIONS



## BARRE BALANCE

60 minutes • \$15 per class

The ballet barre is used to assist you through poses and exercises creating strength and balance. The results are long, lean and toned muscles.

## BOSU BOOT CAMP

60 minutes • \$15 per class

Full body core, strength and balance training using the BOSU to improve overall conditioning.

## CARDIO CORE HOOP

60 minutes • \$15 per class

An all-encompassing class that combines stretch, yoga and fat burning cardio through the use of various weighted hoops. Suitable for all skill levels.

## eLIGNALATES™

60 minutes • \$15 per class

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

## eLIGNABAR®

60 minutes • \$15 per class

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.

## INTERVAL TRAINING

60 minutes • \$15 per class

Dynamite format packed into interval training using a variety of equipment to burn calories, build stamina, increase your metabolism and strengthen muscles.

## MORNING MOUNTAIN STRETCH

45 minutes • Complimentary

Come enjoy the beginning of your day with this invigorating movement class that will focus on slow stretches and flexibility to restore and rejuvenate the body.

## MOVE & GROOVE

60 minutes • \$15 per class

Get your groove on as this class features interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning calories.

## MUSCLE MIX UP

60 minutes • \$15 per class

Body strength resistance training utilizing equipment and body weight exercises to tone and define muscles.

## PILATES MAT

60 minutes • \$15 per class

Improve flexibility and strength while increasing body awareness through controlled movements performed on the mat.

## RESTORATIVE YOGA

60 minutes • \$15 per class

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

## APRÈS SKI STRETCH

45 minutes • Complimentary

Recover from stiffness and soreness after an exhilarating day of activities with soothing stretches designed to restore your muscles.

## SPIN CLASS

60 minutes • \$15 per class

Prepare to have fun and work your lower body in this exciting class. Modify your bike's resistance to your own personal training needs.

## TRX CIRCUIT

60 minutes • \$15 per class

Suspension training using the TRX and other equipment during high intensity exercises interspersed with rest and relief periods.

## VINYASA YOGA

60 minutes • \$15 per class

A flowing style of yoga that deeply integrates breath with dynamic movement. Enjoy the harmonizing benefits of this yoga practice designed to focus on improving alignment, stability and flexibility.

## YOGALATES

60 minutes • \$15 per class

Combine the elements of Yoga and Pilates into a class that will strengthen, elongate, tone muscle, improve posture and calm the mind.

## YOGA FUSION

60 minutes • \$15 per class

Set to eclectic music with lots of beat, this class is a blend of yoga styles. Inspired poses and intertwined with Power Vinyasa and core strengthening work to create a movement oriented class that flows with the breath.



SPA MONTAGE  
DEER VALLEY

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