

WELLNESS CLASSES  
APRIL 22-30, 2017

| TIME    | LOCATION       | MONDAY                    | TUESDAY           | WEDNESDAY            | THURSDAY         | FRIDAY       | SATURDAY                                       | SUNDAY               |
|---------|----------------|---------------------------|-------------------|----------------------|------------------|--------------|------------------------------------------------|----------------------|
| 7:00am  | Fitness Studio |                           |                   |                      |                  | Deep Stretch | Body Sculpt                                    |                      |
| 8:00am  | Fitness Studio | Kettlebell & Conditioning |                   | Mindful Morning Flow |                  | Yoga Flow    |                                                |                      |
| 9:00am  | Fitness Studio |                           |                   | Power Yoga           |                  | Yoga Core    | Mat Pilates                                    | Mindful Morning Flow |
| 10:30am | Fitness Studio | Boxing Boot Camp          |                   |                      |                  |              |                                                | Yoga Flow            |
| 3:30pm  | Fitness Studio | Balls, Bands & More       | Outdoor Boot Camp | Treadmill Challenge  | MMA Conditioning |              | Treadmill Challenge                            | Mat Pilates          |
| 5:30pm  | Fitness Studio |                           |                   | More Than Core       | Body Sculpting   | Boot Camp    | H.I.I.T.<br>(High Intensity Interval Training) | Balls, Bands & More  |
| 6:30pm  | Fitness Studio | Mat Pilates               | Boxing Boot Camp  | Montage Run Club     |                  |              | Montage Run Club                               | Deep Stretch         |

**Fitness Spotlight**

This month, we are offering all 3:30pm classes complimentary for hotel guests.

**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.

## WELLNESS CLASSES APRIL 22-30, 2017

### CLASS DESCRIPTIONS

**Deep Stretch:** Relaxing restorative poses are held up to five minutes to cultivate a deeper physical opening. 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 your balance.

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

**Mat Pilates:** Classic Pilates exercises performed on a mat. Benefits include improved posture, pelvic stability, spinal mobility and sculpted abs.

**Cardio Dance:** High-energy freestyle movements set to contemporary urban music. Join the party! It's a fun way to burn calories and improve coordination.

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

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

**Boot Camp:** Challenge yourself with 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 Intense Interval Training (HIIT) – an excellent way to burn calories, build stamina and strengthen muscles!

**Montage Run Club:** A 5K run through Beverly Hills, on the north side of Santa Monica Blvd. and south of Sunset Blvd. The pace will be determined by the group.

**Treadmill Challenge:** An interactive and challenging way to play with both speed and gradient, working at your heart, lungs and the rhythm of your motion. Followed by foam rolling relieving any tight muscles at the end of the run. All levels are welcome.

**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.

**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.