



# FITNESS CLASS CALENDAR



Winter 2019

TIME	LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am	Movement Studio		Vinyasa Yoga		TRX Circuit	Spin		
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	Mindful Meditation & Movement	Pilates Mat	Vinyasa Yoga	eLIGNABAR®	Bosu, Bands & Balls	Pilates Circuit	1,000 Core Crunch
10:30am	Movement Studio	eLIGNABAR®	Yoga Fusion	Outdoor Mountain Power Walk	Move & Groove	Outdoor Mountain Power Walk	Yoga Fusion	TRX Circuit
12:00pm	Movement Studio	Bosu, Bands & Balls	Mindful Meditation & Movement	Pilates Mat	Outdoor Mountain Power Walk	TRX Circuit	eLIGNABAR® Core & Balance	Yogalates
2:00pm	Movement Studio	Yoga Boot Camp	1,000 Core Crunch	eLIGNABAR® Core & Balance	Bosu, Bands & Balls	eLIGNABAR® Pilates	Bosu, Bands & Balls	eLIGNABAR® Pilates
4:15pm	Movement Studio	Dynamic Movement	Dynamic Movement	Dynamic Movement	Dynamic Movement	Dynamic Movement	Dynamic Movement	Dynamic Movement

## FITNESS

-  \$20 per class, unless otherwise indicated
-  Complimentary classes

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.

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

### FITNESS CENTER HOURS

6:00am - 8:00pm

### FAMILY SWIM TIME

9:00am - 11:00am & 4:00pm - 6:00pm

### 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.

No-shows or cancellations made less than 24 hours before the scheduled personal training time will be billed the full rate.



# CLASS DESCRIPTIONS



## Winter 2019

### 1,000 CRUNCH CHALLENGE

60 minutes • \$20 per class

It's a party for your core! Tone, sculpt and chisel your way to 1,000 crunches in 60 challenging minutes.

### BOSU, BANDS & BALLS

60 minutes • \$20 per class

This strength training class uses stretch bands, resistance balls and the BOSU to improve overall cardio and core conditioning.

### DYNAMIC MOVEMENT

60 minutes • \$20 per class

Finish your day in the mountains with directed stretches and movements leaving you relaxed for tomorrow's adventures.

### eLIGNABAR®

60 minutes • \$20 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.

### eLIGNABAR® CORE & BALANCE

60 minutes • \$20 per class

Use the eLIGNABAR® to target your core foundation while focusing on spinal awareness and balance.

### eLIGNABAR® PILATES

60 minutes • \$20 per class

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

### MINDFUL MEDITATION & MOVEMENT

60 minutes • \$20 per class

A holistic practice that integrates breath work, mindful meditation and gently flowing movements to clear stress, increase energy and improve health.

### MORNING MOUNTAIN STRETCH

45 minutes • Complimentary

Start your day with a gentle stretch class preparing your body for the mountain activities ahead.

### MOVE & GROOVE

45 minutes • Complimentary

We invite our 5-12 year old guests to enjoy a 45-minute action packed class incorporating fitness, dancing and yoga.

### OUTDOOR MOUNTAIN POWER WALK

60 minutes • \$20 per class

Put on your outdoor gear for this heart pumping power walk up Guardsman Pass. Dress for the elements as this class goes Snow or Shine!

### PILATES CIRCUIT

60 minutes • \$20 per class

Transform your body using Pilates methods in this fun, high-octane workout.

### PILATES MAT

60 minutes • \$20 per class

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

### SPIN

60 minutes • \$20 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 • \$20 per class

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

### VINYASA YOGA

60 minutes • \$20 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.

### YOGA BOOT CAMP

60 minutes • \$20 per class

Combine yoga based movements with a boot camp circuit. Strengthen and increase flexibility while challenging your balance.

### YOGA FUSION

60 minutes • \$20 per class

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

### YOGALATES

60 minutes • \$20 per class

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



SPA MONTAGE  
DEER VALLEY

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