

# FITNESS & RECREATION CALENDAR

October 2018



Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Movement Studio	Vinyasa Flow	Rev Up Cycling	Vinyasa Flow	Rev Up Cycling	Vinyasa Flow	Rev Up Cycling	Renew and Restore
8:00am	Beach (Spa Front Desk)	Beach Boot Camp	Pilates in the Park	Beach Boot Camp	Pilates in the Park	Beach Boot Camp		
9:15am	Beach (Spa Front Desk)		Thalassic Beach Walk	Thalassic Beach Walk	Thalassic Beach Walk	Thalassic Beach Walk		Thalassic Beach Walk
9:15am	Movement Studio	SurfSET®	SurfSET®	SurfSET®	SurfSET®	SurfSET®	SurfSET®	Vinyasa Flow (9:00am)
10:45am	Movement Studio		Power Yoga	Sound Meditation	Power Yoga	Gentle Flow Yoga	Gentle Flow Yoga	
12:00	Movement Studio	Power Yoga		Power Yoga		Power Yoga		
4:00pm	Movement Studio	Montage Revive and Relax	Montage Revive and Relax	Montage Revive and Relax	Montage Revive and Relax		Montage Revive and Relax	
5:30pm	Movement Studio							Restorative Yoga
7:00pm	Movement Studio		Sound Meditation	Sound Meditation	Restorative Yoga			

## 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.

### PERSONAL TRAINING

Private instruction training sessions and group fitness classes are available with offerings ranging from Pilates, yoga, foam rolling, creative visualization and meditation to weight training, cycling and sport-specific conditioning. Sessions start at \$145.

☐ Complimentary    ■ \$40 per class

### FITNESS CENTER HOURS

6:00 A.M. - 9:00 P.M.

Located on level 1, within Spa Montage.

### MONTAGE FITNESS FACILITY POLICIES

Guests 16 years of age and older are welcome to enjoy both our Fitness Center and complimentary classes. Guests between 14 and 16 years of age are welcome to use our fitness center, however must be accompanied by an adult. Shirts and closed-toed shoes required. No cell phones allowed.

# CLASS DESCRIPTIONS

## BEACH BOOT CAMP

*60 minutes • Complimentary\**

Enjoy an exhilarating class on the beach. You will be put to the test through a series of intervals, sprints, pushups and stair climbing, finishing with a hard core abdominal workout.

## MONTAGE REVIVE & RELAX

*60 minutes • Complimentary\**

Wind down from the day, restoring mind and body while enjoying a combination of aromatherapy, breathing techniques, stretching and meditation. A perfect opportunity to renew.

## PILATES IN THE PARK

*60 minutes • Complimentary\**

Join us in the park and breathe in the fresh ocean air as we combine all the physical benefits of mat Pilates: core strength, mobility, flexibility, focus and overall toning.

## RENEW & RESTORE

*60 minutes • Complimentary\**

This restorative class will lengthen the body, increase flexibility and renew energy through long holds in relaxing stretches.

## REV UP CYCLING

*60 minutes • Complimentary\**

45 minutes of heart-pumping, fat burning spin followed by 15 minutes of core exercises and stretching.

## SURFSET®

*60 minutes • Complimentary\**

This dynamic class is inspired by one of the world's most athletic sports. Using real surfing techniques on a surf board creates workouts that build balance, core strength, agility, aerobic conditioning and lean muscle. All levels are welcome.

## THALASSIC BEACH WALK

*45 minutes • Complimentary\**

Walk barefoot in the sand and surf, meditate by the water's edge and savor the ocean's benefits. Please wear shorts, as you might get wet. We will supply sandals.

*\*Complimentary to registered resort guests and local guests receiving spa services.*

# RITUAL YOGA AT SPA MONTAGE

## GENTLE FLOW YOGA

*60 Minutes • \$40 per class*

Gentle Flow Yoga is a therapeutic and welcome stress reliever for participants experiencing overly challenged or weakened muscles or injuries or for any student that prefers a vinyasa class with a more relaxed pace and individualized attention. Gentle flow includes deep stretching, mindful vinyasa and breath work.

## POWER YOGA

*60 Minutes • \$40 per class*

A dynamic and challenging combination of strength, sweat and spirituality, Power Yoga detoxifies the body while building endurance and cultivating balance. Welcome an emphasis on strong standing poses while sculpting and toning all muscles of body and calming your mind. Many modification opportunities welcome all levels of participants.

## RESTORATIVE YOGA

*60 Minutes • \$40 per class*

Sustained stretching poses (yin poses), release stagnate energy while supporting and preserve joints, bone and connective tissue health. Restorative Yoga will help improve your overall mobility and range of motion, specifically in the hips, pelvis and spine.

## SOUND MEDITATION

*60 Minutes • \$40 per class*

A blended experience for all levels, Sound Bath Meditation affords an escape from the stresses of daily life. Your journey includes a multifaceted sound healing practice, releasing emotional blockages and expanding consciousness with guided visualization, the art of silence, crystal singing and Tibetan bowls, and a myriad of further instruments.

## VINYASA FLOW

*60 Minutes • \$40 per class*

Let the breath lead your body, quietly guiding you inward as you are challenged with vigorous, dynamic sequences linking breath and movement. Internal heat directs the physical body for a challenging transformation and greater consciousness. A great choice for active individuals.

# COMPASS SPORTS

Compass Sports, your activities outfitter at Montage Laguna Beach, is a year-round adventure hub for outdoor enthusiasts of all ages.

## BIKE RENTALS

*\$85 per day*

The rugged hillside of Laguna Beach is a playground for novice and expert riders alike. Take in panoramic views and abundant wildlife while riding our Scott Spark 720 Plus mountain bikes.

## GUIDED HIKING TOURS

*\$65 per guest or \$100 per couple*

Whether you're looking for a light stroll with scenic views or a strenuous endorphin pumping adventure, the hills of Laguna Beach and serenity of Dana Point Harbor provide just the right amount of challenge for hikers of all levels. Our experienced Compass Sports guides will provide transportation to local trails and share local history, trivia, plants and wildlife. Reservations required by 5:00pm the evening prior. *Excursion timeframe: 2 to 2 ½ hours door-to-door.*

## SNORKEL RENTALS

*\$17 per hour or \$55 for 24 hours*

Includes water, towel, snorkel set (mask, fins, snorkel) and a fish identification card.

## STAND UP PADDLE BOARDING

*\$145 per guest, 48-hour advance notice required*

Experience the beauty of Southern California and soak up the sun on a Stand Up Paddle Board. Our experienced Compass guides will teach proper paddling techniques while you observe Pacific sea life up close and challenge your muscles with this total body workout.

*Excursion timeframe: 2 to 2 ½ hours door-to-door. Children under 12 must be accompanied by an adult.*

*\*\*All Compass Sports activities and tours are subject to limitations based upon guide availability, weather conditions and trail closures.*