## FITNESS CLASS CALENDAR

### Summer 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15am</td>
<td>Movement Studio</td>
<td>Mindful Meditation &amp; Movement</td>
<td>Mindful Meditation &amp; Movement</td>
<td>Roll &amp; Restore</td>
<td>SPın</td>
<td>TRX Circuit</td>
<td>1,000 Core Crunch</td>
<td>Roll &amp; Restore</td>
</tr>
<tr>
<td>8:30am</td>
<td>Movement Studio</td>
<td>Pilates Mat</td>
<td>eLIGNABAR® Yoga</td>
<td>eLIGNABAR® Yoga</td>
<td>eLIGNABAR® Roll &amp; Restore</td>
<td>eLIGNABAR® Boot Camp</td>
<td>TRX Circuit</td>
<td></td>
</tr>
<tr>
<td>10:00am</td>
<td>Movement Studio</td>
<td>Vinyasa Yoga</td>
<td>Outdoor Mountain Power Walk</td>
<td>Pilates Mat</td>
<td>Outdoor Mountain Power Walk</td>
<td>Bosu, Bands &amp; Balls</td>
<td>Pilates Circuit</td>
<td>Bosu, Bands &amp; Balls</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Movement Studio</td>
<td>1,000 Core Crunch</td>
<td>Pilates Circuit</td>
<td>eLIGNABAR® Boot Camp</td>
<td>Vinyasa Yoga</td>
<td>Outdoor Mountain Power Walk</td>
<td>eLIGNABAR® Core &amp; Balance</td>
<td>eLIGNABAR® Pilates</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Movement Studio</td>
<td>Pilates Circuit</td>
<td>1,000 Core Crunch</td>
<td>eLIGNABAR® Core &amp; Balance</td>
<td>Move &amp; Groove</td>
<td>eLIGNABAR® Pilates</td>
<td>Bosu, Bands &amp; Balls</td>
<td>eLIGNABAR® Boot Camp</td>
</tr>
</tbody>
</table>

### 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.

- **60 minutes**: $140 per person
- **90 minutes**: $195 per person

### MONTAGE FITNESS FACILITY POLICIES

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

### FITNESS CENTER HOURS

- **6:00 A.M. - 7:00 P.M.**

### FAMILY SWIM TIME

- **9:00 A.M. - 11:00 A.M. & 4:00 P.M. - 6:00 P.M.**

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

1,000 CRUNCH CHALLENGE  
60 minutes • Complimentary  
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.

eLIGNABAR®  
60 minutes • $20 per class  
An active fundamental posture plus core strength and stability class using the eLIGNABAR®; a lightweight bar that assists in targeting core stabilization muscles while bringing awareness to our spinal alignment.

eLIGNABAR® BOOT CAMP  
60 minutes • $20 per class  
A blend of strength movements incorporating the posture-core method of eLIGNABAR®

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 mat 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.

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 Rain 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 pilates movements performed on the mat.

ROLL & RESTORE  
60 minutes • Complimentary  
Learn how the foam roller can soothe sore muscles and help restore the body by increasing circulation and stimulating the body’s natural healing process.

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.