



MONTAGE

Wellness Center **Salinas**

May 2021

Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Circuit 6:00am Chris ▲		Strength Circuit 6:00am Chris ▲		Strength Circuit 6:00am Chris ▲		
Pilates Barre 9:00am Thiem ●		Core Balance 9:00am Chris ▲		Core Balance 9:00am Chris ▲		
Tai Chi 10:00am Thiem ●	Dynamic Movement 10:00am Stephen ▲	Healthy Back 10:00am Pam ●	Dynamic Movement 10:00am Stephen ▲	Healthy Back 10:00am Pam ●	Burn Zone 10:00am Michael ▲	Cardio/Strength Circuit 10:00am Cody ▲
Body Sculpt 11:00am Marcia ▲					Stretch 11:30am Michael ●	Mobility Movement 11:00am Cody ▲
		Body Sculpt 12:00pm Marcia ▲				
Body Sculpt 5:30pm Isabel ▲	ZUMBA® 5:30pm Marcia ▲	Body Sculpt 5:30pm Isabel ▲				
Beginning May 10th		Beginning May 12th				

All Classes 45 minutes

- Low Intensity ●
- Intermediate ▲
- High Intensity ◆

Fitness Center Hours

Monday- Thursday 5:30am - 9:00pm
 Friday 5:30am - 8:00pm
 Saturday 8:00am - 4:00pm
 Sunday 8:00am - 4:00pm