



Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Spin Class 5:45 am Dora		Spin Class 5:45 am Dora		
Balance and Recovery 9:00 am Shannon	Core Strength & Flexibility 9:00 am Steven	Physio Barre 8:00 am Shannon	Core Strength & Flexibility 9:00 am Steven	Pilates (Core Strength) 9:00 am Thiem	POP Pilates 9:00 am Leah	
Healthy Back 10:00 am David	Dynamic Movement Circuit 10:00 am Steven	Cardio & Strength Circuit 9:00 am David	Dynamic Movement Circuit 10:00 am Steven		Stretch into Relaxation 11:30 PM Michael	
	Healthy Heart & Bones 1:30 pm Kellie	Healthy Back 10:00 am David				
Full Body Bootcamp 5:30 pm Anthony	Total Body Sculpt 5:30 pm Isabel		Strength H.I.I.T. 5:30 pm Isabel			New Class!
Yoga 6:30 pm Meg	ZUMBA® 6:30 pm Wendy		ZUMBA® 6:30 pm Nancy	ZUMBA® 6:30 pm Wendy/Nancy		

Warm Water Pool

	Aqua Strength 7:00 am David	Aqua Strength 7:00 am David	Aqua Strength 7:00 am Steven		Aqua Cardio 9:30 am David	
	Aqua Dynamics 5:30 pm Anthony		Aqua Dynamics 5:30 pm Staff		Aqua Dynamics 10:30 am David	
	Aqua Cardio 6:30 pm Anthony		Aqua Cardio 6:30 pm Staff			

All classes 45 mins

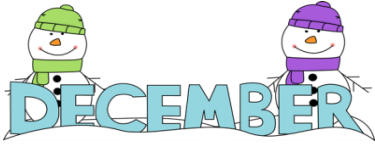
- Low Intensity
- Intermediate
- High Intensity

Fitness Center Hours

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

Member Warm Pool Hours














Mon. & Wed. 5:30am-8:30am; Noon-8:45pm
Tues. & Thurs. 5:30am-1pm; 5pm-8:45pm
Saturday-Sunday 8:00am - 3:45pm






MONTAGE
Wellness Center Salinas

December 2018

Functional Training Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Training 5:45 am David 	 6:00 AM David 	Group Training 5:45 am David 	 6:00 AM David 			
				Group Training 9:30 am Steven 	 10:00 AM Michael 	
		 5:30 PM Anthony 		 5:30 PM Anthony 		New Class!

All classes 45 mins

-  Low Intensity
-  Intermediate
-  High Intensity

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