







Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance and Recovery 9:00 am Shannon ●	Core Strength & Flexibility 9:00 am Steven ●	Spin Class 5:45 am Dora ◆	Yoga 5:45 am Dora ▲	Spin Class 5:45 am Dora ◆		
Healthy Back 10:00 am David ●	Dynamic Movement Circuit 10:00 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 Heart & Bones 1:30 pm Michael ●	Cardio & Strength Circuit 9:00 am David ▲	Dynamic Movement Circuit 10:00 am Steven ◆		Stretch into Relaxation 11:30 am Michael ●	
Yoga 6:30 pm Meg ▲	Total Body Sculpt 5:30 pm Isabel ◆	Healthy Back 10:00 am David ●	Strength H.I.I.T. 5:30 pm Isabel ▲	ZUMBA® 5:30 pm Nancy ▲		
	ZUMBA® 6:30 pm Wendy ▲		ZUMBA® 6:30 pm Nancy/Wendy ▲			New Class!

Warm Water Pool

	Aqua Strength 7:00 am David ▲	Aqua Strength 7:00 am David ▲	Aqua Dynamics 7:00 am Chantel ▲		Aqua Cardio 9:30 am David ▲	
 Reserved for CHOMP 8:30am -12:00 pm	 Reserved for CHOMP 1:00 pm -5:00 pm	 Reserved for CHOMP 8:30am -12:00 pm	 Reserved for CHOMP 1:00 pm -5:00 pm		Aqua Dynamics 10:30 am David ▲	
	Aqua Dynamics 5:30 pm Teresita ▲		Aqua Zumba 5:30 pm Wendy ▲			
	Aqua Cardio 6:30 pm Teresita ▲		Aqua Cardio 6:30 pm Teresita ▲			

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






MONTAGE
Wellness Center Salinas

March 2019

Functional Training Studio

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

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