

Group Fitness Studio 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|------------------------------------|--|--|-----------------------------------|---------------------------------|-----------------------------|
| | H.I.I.T 5:30am Karlee ▲ | | H.I.I.T 5:30am Karlee ▲ | | | |
| Core Balance 9:00am Chris ● | Reserved 10:00-10:45am CHOMP | Breathe & Stretch 9:00am Thiem ● | Reserved 10:00-10:45am CHOMP | Reserved 9:30-10:30am CHOMP | | |
| Senior Men's Strength Circuit 10:00am Solomon ▲ | Reserved 12:30-1:15pm CHOMP | Tai Chi Balance & Stability 10:00am Thiem ● | Reserved 12:30-3:15pm CHOMP | | ZUMBA 10:00am Aileen ▲ | ZUMBA 10:00am Nancy ▲ |
| Reserved 11:30-12:30pm CHOMP | Reserved 2:30-3:15pm CHOMP | Senior Cardio (Circulation) 11:00am Thiem ● | Boxing for Balance 3:30pm Kellie | | Yin Yoga 11:30am Aileen ▲ | |
| | All Abs 4:45pm Natalia ▲ | Reserved 1:30-2:30pm CHOMP | All Abs 4:45pm Natalia ▲ | Reserved 2:00-4:00pm CHOMP | | |
| Bells & Bands 5:30pm Pamela ◆ | | Bootcamp 5:30pm Valerie ◆ | Better Bones & Balance 5:30pm Thiem ● | ZUMBA 5:45pm Aileen ▲ | | |
| ZUMBA 6:30pm Aileen ▲ | Kickboxing 6:30pm Natalia ◆ | ZUMBA 6:30pm Connie ▲ | Cardio Strength Circuit 6:30pm Solomon ◆ | | | Fee Based Class |
| | | | | | | New Class |

All Classes 45 minutes

- Low Intensity ●
- Intermediate ▲
- High Intensity ◆

Fitness Center Hours

- Monday- Thursday 5:30am - 9:00pm
- Friday 5:30am - 8:00pm
- Saturday 7:00am - 6:00pm
- Sunday 8:00am - 4:00pm

HELLO!
SEPTEMBER



MONTAGE
Wellness Center Marina

September 2019

Group Fitness Studio 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--------------------------------------|--|-----------------------------------|--|
| | Indoor Cycling 6:00am Sandy | | Indoor Cycling 6:00am Mary | | Indoor Cycling 8:15am Maria | |
| Pilates for Back & Core 9:00am Thiem | Seated Mobility 8:30am Thiem | | Healthy Bones 9:00am Thiem | Breathe & Stretch 9:00am Shannon | | Pilates Flexibility & Strength 9:00am Thiem |
| Yoga (Strength/Balance) 10:00am Dawn | Spring Board Private training 9:30am Thiem | | Neuro Movement 10:00am Thiem | Healthy Back 10:30am Pamela | | Balance & Recovery 10:00am Thiem |
| | Bandit 11:30am Karlee | Senior Speed Circuit 12:00pm Solomon | Neuro Movement 11:00am Thiem | Core Balance 11:30am Raegan | | Senior Cardio (Coordination) 11:00am Thiem |
| Senior Speed Circuit 2:00pm Avery | | Core Balance 12:45pm Solomon | Stretch 12:15pm Cammi | | | |
| Senior Stretch 2:45pm Avery | Senior Bootcamp 2:30pm Valerie | | Senior Bootcamp 2:30pm Natalia | | | |
| Pilates (Core Stability) 5:30pm Thiem | Yoga (Flow) 5:30pm Meg | Pilates (Healthy Back) 5:30pm Thiem | Yoga (Flow) 5:30pm Meg | | | Fee Based Class |
| Indoor Cycling 6:45pm Pamela | Yin Yoga 6:30pm Meg | Indoor Cycling 6:45pm Pamela | Yin Yoga 6:30pm Meg | | | New Class |

All Classes 45 minutes

Low Intensity
Intermediate
High Intensity

Fitness Center Hours

Monday- Thursday 5:30am - 9:00pm
Friday 5:30am - 8:00pm
Saturday 7:00am - 6:00pm
Sunday 8:00am - 4:00pm






HELLO!
SEPTEMBER



MONTAGE
Wellness Center Marina

September 2019

Warm Water Pool

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|--|--------|
|  Reserved 8:30-12:00pm CHOMP | Aqua Dynamics 10:45am Karlee ▲ |  Reserved 8:30-12:00pm CHOMP | Aqua Dynamics 10:45am Karlee ▲ |  Reserved 8:30-12:00pm CHOMP | Aqua Motion 9:15am Thiem ● | |
| |  Reserved 1:00-5:00pm CHOMP | |  Reserved 1:00-5:00pm CHOMP | | | |
| Aqua Strength 6:00pm Natalia ▲ | Aqua Zumba 6:00pm Jackie ▲ | Aqua Cardio 6:30pm Raegan ▲ | | | | |

All Classes 45 minutes

- Low Intensity ●
- Intermediate ▲
- High Intensity ◆

Fitness Center Hours

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- Friday 5:30am - 8:00pm
- Saturday 7:00am - 6:00pm
- Sunday 8:00am - 4:00pm