



Group Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Indoor Cycling 5:45am Dora	Yoga 5:45am Dora	Indoor Cycling 5:45am Dora		
		Physio Barre 8:00am Shannon				
Balance & Recovery 9:00am Shannon	Core Strength & Flexibility 9:00am Steven	Cardio & Strength Circuit 9:00am David	Core Strength & Flexibility 9:00am Steven	Pilates (Core Strength) 9:00am Thiem	POP Pilates 9:00am Leah	
Healthy Back 10:00am David	Dynamic Movement Circuit 10:00am Steven	Healthy Back 10:00am Stephen	Dynamic Movement Circuit 10:00am Steven			
	Healthy Heart & Bones 1:30pm Stephen				Stretch Into Relaxation 11:30am Michael	
	Total Body Sculpt 5:30pm Isabel		H.I.I.T 5:30pm Shanty			Fee Based Class
Yoga 6:30pm Meg	ZUMBA 6:30pm Wendy		ZUMBA 6:30pm Nancy			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 Salinas

September 2019

Group Fitness Studio 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Training 5:45am David ▲	 5:45am Chantel ▲	Group Training 5:45am David ▲	 5:45am Chantel ▲			
				Group Training 9:30am Steven ▲	 10:00am Michael ▲	
 5:30pm Jeanette ▲		 5:30pm Shanty ▲		 5:30pm Anthony ◆		

Warm Water Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Aqua Strength 7:00am David ▲	Aqua Strength 7:00am David ▲	Aqua Dynamics 7:00am Chantel ▲		Aqua Cardio 9:30am David ▲	
 Reserved 8:30-12:00pm CHOMP	 Reserved 1:00-5:00pm CHOMP	 Reserved 8:30-12:00pm CHOMP	 Reserved 1:00-5:00pm CHOMP	 Reserved 8:30-12:00pm CHOMP	Aqua Dynamics 10:30am David ▲	
	Aqua Dynamics 5:30pm Jeanette ▲		Aqua Zumba 5:30pm Wendy ▲			
	Aqua Cardio 6:30pm Jeanette ▲		Aqua Cardio 6:30pm Shanty ▲			

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