

# FITNESS CLASS CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8 AM	MORNING FLOW YOGA	MORNING FLOW YOGA	MORNING FLOW YOGA	MORNING FLOW YOGA	MORNING FLOW YOGA	MORNING FLOW YOGA	MORNING FLOW YOGA

## FITNESS

Our wellness experts specialize in a variety of fitness techniques and are here to assist you with looking and feeling your best. Resort, Residence and day guests are welcome to enjoy complimentary access to our wellness center and select group fitness classes. Private group fitness classes, training sessions and series pricing is available upon request. Please come prepared dressed in active attire

### PERSONAL TRAINING

A full-body assessment creates a personalized training session and provides information and guidance to continue your fitness regimen for a lifetime.

Personal Training 60 mins MXN 3,610  
Personal Training 90 mins MXN 5,415  
Personal Training 120 mins MXN 7,220

### FITNESS CENTER HOURS

7 am to 7 pm

### SWIM TIME

8 am to 9 am

Tuesday, Thursday, Friday, Sunday

### MONTAGE FITNESS

#### FACILITY POLICIES

Must be 16 years of age or older.  
Shirts and closed-toed shoes required.

For more information or to schedule a private session please contact the Spa front desk at +52 (624) 163 2013  
No shows or cancellations made less than 6 hours before the scheduled personal training time will be billed the full rate.

  
S P A M O N T A G E  
Los CABOS

[SPAMONTAGE.COM](http://SPAMONTAGE.COM)

# CLASS DESCRIPTIONS

## MORNING FLOW YOGA

*60 minutes ~ Complimentary*

An all levels yoga class linking poses with the breath to help energize the body and focus the mind. Meditation and essential oils may be incorporated.

## PILATES CLASS

*60 minutes ~ MXN 3,610 per class*

Classic Pilates exercises performed on a mat. Benefits include improved posture, pelvic stability, spinal mobility and sculpted abs

## GLUTES AND ABS

*60 minutes ~ MXN 3,610 per class*

Target your legs, glutes, abs and lower back in a fun, energizing and effective workout. Total Body Stretch: A feel good, full body stretch class focusing on all major muscle groups. Flexibility plays a major part in posture, mobility and overall physical fitness. This class is a great way to start your day or end a workout.

## SUP YOGA CLASS

*60 minutes ~ MXN 3,610 per class*

These classes take your favorite yoga routines and put them on the water! Yoga practice brings balance and restores all bodily systems by creating physical, mental and spiritual harmony. Both yoga and stand up paddle boarding are great for building better balance, coordination, endurance, and body strength!

## H.I.I.T

*60 minutes ~ MXN 3,610 per class*

High Intensity Interval Training to build endurance for the whole body. HIIT is an efficient way to burn fat, increase metabolism, and build strength.

## AQUA FITNESS

*60 minutes ~ MXN 3,610 per class*

“Aqua Fit” classes are a great way to mix up a traditional gym workout with the wondrous benefits of water. Water supports the body, putting less stress on your joints and muscle, helps build strength, the impact of gravity is less in the water allowing a greater range of motion and... it's fun! It is not often you can say that about a workout.

