



February Class Schedule

Fitness Center
775-849-1090

Please RSVP with the Fitness Center front desk to reserve your spot in Pilates, TRX and Spin.

February Hours of Operation

Monday - Friday 5:30 am - 7 pm Saturday & Sunday 7 am - 7 pm

Su	Mon	Tue	Wed	Thu	Fri	Sat
	<p>New Class</p> <p>Time Change</p> <p>Specialty Class</p>			<p>1 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Tai Chi 10:15am</p>	<p>2 Spin 6am Pilates Fusion 8am Yin Yoga 9am Reformer 9am Spin Express 1pm (See Back Page)</p>	<p>3 Spin 7am Spin 8:30am TRX 10am</p>
4	<p>5 Spin 6am Barre 8am Gentle Yoga 9am Reformer 9am Tai Chi 10:15am</p>	<p>6 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Tai Chi 10:15am Yoga - 5:30pm</p>	<p>7 Spin 6am TRX 7:30am Barre 8am Gentle Yoga 9am Reformer 9am</p>	<p>8 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Tai Chi 10:15am</p>	<p>9 Spin 6am Pilates Fusion 8am Yin Yoga 9am Reformer 9am Spin Express 1pm (See Back Page)</p>	<p>10 Spin 7am Spin 8:30am TRX 10am</p>
11	<p>12 Spin 6am Barre 8am Gentle Yoga 9am Reformer 9am Tai Chi 10:15am</p>	<p>13 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Tai Chi 10:15am Visual Yoga 5p - 6:30p (See Back Page)</p>	<p>14 Spin 6am TRX 7:30am Barre 8am Gentle Yoga 9am Reformer 9am</p>	<p>15 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Tai Chi 10:15am</p>	<p>16 Spin 6am Pilates Fusion 8am Yin Yoga 9am Reformer 9am Spin Express 1pm (See Back Page)</p>	<p>17 Spin 7am Spin 8:30am TRX 10am</p>
18	<p>19 Spin 6am Barre 8am Gentle Yoga 9am Reformer 9am Tai Chi 10:15am</p>	<p>20 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Tai Chi 10:15am Yoga - 5:30pm</p>	<p>21 Spin 6am TRX 7:30am Barre 8am Gentle Yoga 9am Reformer 9am</p>	<p>22 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Tai Chi 10:15am</p>	<p>23 Spin 6am Pilates Fusion 8am Yin Yoga 9am Reformer 9am Spin Express 1pm (See Back Page)</p>	<p>24 Spin 7am Spin 8:30am TRX 10am</p>
25	<p>26 Spin 6am Barre 8am Gentle Yoga 9am Reformer 9am Tai Chi 10:15am</p>	<p>27 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Tai Chi 10:15am</p>	<p>28 Spin 6am TRX 7:30am Barre 8am Gentle Yoga 9am Reformer 9am</p>	<p>MARCH</p> <p>1 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Tai Chi 10:15am</p>	<p>2 Spin 6am Pilates Fusion 8am Yin Yoga 9am Reformer 9am Spin Express 1pm (See Back Page)</p>	<p>3 Spin 7am Spin 8:30am TRX 10am</p>

*Failure to give 24 hour notice for private lessons will result in full charge. *

View class schedule online at www.montreuxgolf.com Members Only website—Fitness page.

Classes subject to change due to construction please contact the Front desk.



Kids Movie Night at the Fitness Center

Friday, February 2nd

6pm - 9pm

2 Movie Options

Cinderella

Star Wars Empire Strikes Back

\$15 per child

Pizza & Snacks provided

To reserve your spot please email Brett@montreuxgolf.com



New Class Alert!

Spin Express

Begins January 26th

Fridays at 1pm

Rev it up and burn some calories in this 45 minute power spin class.

Class size is limited.

Reserve your bike at the front desk.

Classes subject to change, please contact front desk.

