



Montreux September Class

Fitness Center

775-849-1090

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

September Hours of Operation

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

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 Spin 6am Masters Swim 7am Props Pilates 8am Yin Yoga 9am Reformer 9am Dive In Movie Night 5 - 9p	2 Spin 7am Spin 8:30am TRX 10am
3	4 Spin 6am Barre 8:30am Gentle Yoga 9am Reformer 9:30am Water Aerobics 11:15 Labor Day	5 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30am Tai Chi 10:15am Masters Swim 5:30pm	6 Spin 6am Masters Swim 7am TRX 7:30am Barre 8am Gentle Yoga 9am Reformer 9am	7 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30a Water Aerobics 11:15am	8 Spin 6am Masters Swim 7am Props Pilates 8am Yin Yoga 9am Reformer 9am	9 Spin 7am Spin 8:30am TRX 10am Hiking Mt. Rose 7am
10	11 Spin 6am Barre 8:30am Gentle Yoga 9am Reformer 9:30am Tai Chi 10:15am Water Aerobics 11:15	12 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30am Tai Chi 10:15am Masters Swim 5:30pm	13 Spin 6am Masters Swim 7am TRX 7:30am Gentle Yoga 9am	7 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30a Water Aerobics 11:15am	15 Spin 6am Masters Swim 7am Yin Yoga 9am	16 Spin 7am Spin 8:30am TRX 10am
17	18 Spin 6am Barre 8:30am Gentle Yoga 9am Reformer 9:30am Tai Chi 10:15am	19 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30am Tai Chi 10:15am	20 Spin 6am Masters Swim 7am TRX 7:30am Barre 8am Gentle Yoga 9am Reformer 9am	7 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30a	22 Spin 6am Masters Swim 7am Props Pilates 8am Yin Yoga 9am Reformer 9am	23 Spin 7am Spin 8:30am TRX 10am
24	25 Spin 6am Barre 8:30am Gentle Yoga 9am Reformer 9:30am Tai Chi 10:15am	26 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30am Tai Chi 10:15am Masters Swim 5:30pm	27 Spin 6am Masters Swim 7am TRX 7:30am Barre 8am Gentle Yoga 9am Reformer 9am	7 TBS 6am Reformer 8am Spin 8am Pilates Fusion 9am Power Yoga 9am Cardio Tennis 9:30a	29 Spin 6am Masters Swim 7am Yin Yoga 9am Makos End of Season Pool Party	30 Spin 7am Spin 8:30am TRX 10am

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

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