



## SPOTLIGHT ON HOLISTIC FITNESS AT SPA MONTAGE

### *Innovative Series of 60-minute Classes Adds Cultural and Personal Growth Components to Enhance Wellbeing*

Laguna Beach, CA (June 1, 2006) -- Spa Montage has introduced a new series of 60-minute wellness classes that adds an intriguing mix of cultural and personal growth elements to more traditional fat- and calorie-burning exercises.

**WHAT:** Each quarter, a new group of wellness classes, selected from among dance, martial arts, mind-body or cardio/strength-training, is added to the rotating array of fitness options at Spa Montage.

**WHY:** Spa Montage is dedicated to helping each guest achieve optimum wellbeing and vitality. Offering holistic wellness classes that engage the mind with different philosophies and invigorate the spirit with movement and music from various genres and other cultures encourages a broad-based approach to personal health.

**WHO:** All resort guests seeking fitness opportunities that complement spa services and traditional workouts.

**WHEN/HOW:** Spotlight wellness classes are complimentary for resort guests; upcoming classes include:

#### **June – August**

- Global Dance – Experience dance and music from around the world while learning new choreography that takes you to another place. Salsa, belly dancing, hip-hop, Tai Chi and other styles of cultural dance will entice your senses along with shaping your body.
- Fit Box Bootcamp – A knock-out workout, this explosive, high-energy class blends kicks and punches with body bands. Get ripped and defined while moving to upbeat dance music.
- Oceanfront Yoga – Take a vacation from mental and physical stress. Surrender to the sea and experience a deeply relaxing gentle yoga practice on the beautiful beaches of Laguna. Restorative yoga helps calm the nerves, quiet the mind, and relax the body.
- Laguna Bluffs Biking – Join professionally trained cyclists as they take you through a simulated mountain bike workout along the famed hillside trails of the scenic Laguna Beach

bluffs. Enjoy the convergence of land and sea in amazing views as you find the champion within to ride to the finish line on the Pacific Coast Highway.

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### **September – November**

- Disco Dance – Disco sweat, low-impact aerobic workout has everything you need to get down, get healthy and have fun under the strobe light. Funky dance steps, from Travolta to cha-cha. Get inspired to dance the hour away with the absolute greatest disco hits ever.
- BOSU Box – A unique workout that combines cardiovascular intervals using the BOSU Balance Trainer with boxing conditioning drills. This class is designed to challenge and improve coordination in cardiovascular fitness.
- Body Roll – A self-care approach to health and fitness. As you roll your body on a 6" to 10" inflated rubber ball, you tone and lengthen muscles, stimulate bones and release energy blockages, creating positive, permanent changes in the body.

AVAILABLE FOR INTERVIEWS: Wellness Manager David-Dorian Ross is responsible for developing and managing the spa's fitness, wellness and cultural programs. He draws upon extensive experience in sports and fitness instruction and in-depth understanding of human movement and Chinese culture to offer a wide array of rotating programs that inspire optimum mind and body health. He is available to discuss the benefits of holistic fitness and the challenges of creating effective fitness, wellness and cultural programs for discerning guests.

ABOUT MONTAGE: Montage Resort & Spa, set on a coastal bluff overlooking the Pacific in the heart of the vibrant arts community of Laguna Beach, offers 30 acres of oceanfront luxury. The 262-room craftsman-style resort features beachfront accommodations; a 20,000-square-foot spa; destination dining at Studio; a wealth of outdoor recreation, including three pools, beach and water sports; a fine art collection; and more than 20,000 square feet of indoor and outdoor meeting space. For information and reservations, please contact Montage Resort & Spa, toll-free, at 1-888-715-6700; or visit the Web site at [www.montagelagunabeach.com](http://www.montagelagunabeach.com).

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