

**Friends** don't let friends skip workouts



**JOIN TODAY**  
and start building  
your fitness family

**GET \$100 OFF**  
**YOUR INITIATION FEE\***

\*Some restrictions apply. Expires 2/28/2018



# Friends make workouts work better

A good support system is key to developing and maintaining healthy habits. Montage Wellness Center is a community where people come to see familiar faces, make new friends through classes, swim in our warm water pools, or unwind with a massage. We understand that people are more likely to stick to a new exercise regimen when they have a buddy. That's also why we match you with a degreed personal trainer for two free hour-long sessions to make sure you're being held accountable from the very start.

We're spreading the love and giving you **\$100 off the initiation fee\*** this month so you can join our community. **Get an additional \$20 off\*** when you LIKE our Facebook page and comment on one of our posts.

\*Some restrictions apply. Offer expires 2/28/18



## Our facilities offer:

- Lap and warm-water therapy pools
- Degreed personal trainers and credentialed exercise instructors
- Complimentary wellness assessment and individualized plan with certified personal trainer
- Free member group exercise classes for all levels
- No overcrowding
- Childcare services and teen memberships

2920 2nd Avenue, Marina  
(831) 883-5656

1910 N. Davis Road, Salinas  
(831) 622-6900

[www.montagewellnesscenter.com](http://www.montagewellnesscenter.com)

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