



YOUR TICKET TO BETTER HEALTH

Bring this mailer in and get a
FREE GROUP EXERCISE CLASS.*

For our class list, see other side.

*Some restrictions apply. Offer expires 3/31/18

ADMIT ONE



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SECTION	ROW	SEAT
CLASS	4	FREE

YOUR TICKET TO WELLNESS

With a wide range of group exercise classes available, Montage Wellness Center really is your ticket to new possibilities. Led by our credentialed instructors, our classes will get you moving no matter what level you are. Whether it's the driving beat of ZUMBA®, the intensity of Body Sculpt, or the peace and tranquility of Yoga, you'll get a great workout while meeting new friends.

Come in and join us for a FREE group exercise class. Plus, when you sign up in March, you'll also receive \$75 off your initiation fee.*

*Some restrictions apply. Offer expires 3/31/18



Our classes include:

- Aqua classes
- Healthy Back
- T'ai Chi
- Bells and Bands
- Kickboxing
- Yoga
- Body Sculpt
- Pilates
- ZUMBA®
- Core Balance
- PiYo
- Cycling
- Senior Strength
- Dance Fit
- Stretch



MONTAGE
Wellness Center

www.montagewellnesscenter.com

2920 2nd Avenue, Marina

(831) 883-5656

1910 N. Davis Road, Salinas

(831) 622-6900

Sample A. Sample
12345 Any Street
Anytown, CA 12345-0000