



FORGE YOUR OWN PATH TO WELLNESS

More and more Americans are looking for ways to incorporate wellness into their leisure travels. But rather than packing your home wellness routine and lugging it with you on vacation, why not discover something new? Billings is Montana's Trailhead for whatever awesome adventures visitors seek under big Montana skies, and there's simply no one best way to explore a city with as much to offer as Billings. So the destination simply invites visitors to forge their own path, and that includes those paths that lead to wellness.

In Billings, wellness can mean a lot more than spas and saunas. Of course there are places where you can have your worries massaged away, or rediscover your balance through hot yoga or Pilates. But this is an opportunity to try something new and forge a routine.

Billings is home to 47 miles of trails. Give mountain biking a try to get the heart pumping while the breathtaking landscape of sandstone formations and spectacular views of five mountain formations nourish your spirit. Several outfitters in the Billings area rent bikes if you don't have your own, and also offer classes for those new to shredding the mountainous trails.

Many of those trails are the venue for races that draw thousands of runners to Billings each year. The popular **MONTANA WOMEN'S RUN** and the **MONTANA MARATHON** take place in Billings each May and September, respectively. Be sure to check out the Heart & Sole Run each June, and join us for one of the locals' favorites - **THE LAST BEST BEER RUN & 5K** - taking place in August 2021 (although typically takes place in May).

If you're interested in picking up a new skill that gets your blood pumping, check out **STEEP WORLD CLIMBING AND FITNESS** and take one of their courses on rock climbing, rope climbing or bouldering. Courses are open to everyone from beginners on up. Once you've mastered the craft, take your climbing adventure to new heights exploring the Rimrocks - the 70-year-old sandstone formations that are a top outdoor adventure site in Billings. If you're a bit scared of heights, not to worry. SteepWorld offers a fitness area with stationary bikes, treadmills and step machines as well as yoga courses.



Your workout routine doesn't need to take a vacation while you're enjoying one. Try something different and "Rok" your body with a 40-minute workout at **BODYROK PILATES**, which is the equivalent of a 60-minute normal workout. You can use that extra time to explore even more of Billings.

Mix things up in the boxing ring at **9ROUND FITNESS** with a 30-minute kickboxing workout that will boost your stamina, strengthen muscles and release toxins. There are no set class times, so just show up ready to punch your way to rejuvenation.

For the more traditional wellness experience, stop by **ONYX WELLNESS STUDIO AND SPA**. Onyx offers a full menu of holistic services ranging from massage to yoga and barre classes. Try something new with a visit to Onyx's halotherapy area and relax in a zero-gravity chair in a room with walls covered in Himalayan sea salt. The natural antibacterial particles of salt disperse in the air to aid in stimulating the body's internal process for cleansing the respiratory system, removing build-up of foreign particles that cause various respiratory ailments, and strengthening respiratory function.

If yoga is how you re-center, then visit **LIMBERTREE STUDIO**. Rejuvenate amid views of the Beartooth Mountains during a rooftop yoga class, or spend some time upside down in an aerial yoga course. LimberTree also offers courses for the kids so the whole family can pursue their wellness goals together.

There's more than one route to wellness, especially in Billings - Montana's Trailhead. It's your chance to try something new, and maybe even take something unexpected home with you: a brand new passion.