



MIRAMONT
PERSONAL TRAINING

SGT Centerra | Drop-in

	Class	Club	Time	Instructor
Monday	RedZone Rage (MWF)	Centerra	12:15-12:45pm	Colin
	RedZone Rage (MW)	Centerra	5:00-5:30pm	Sherry
Tuesday	RedZone Rage (TR)	Centerra	9:00-9:30am	Sherry
	RedZone Results (TR)	Centerra	5:00-6:00pm	Sherry
Wednesday	RedZone Rage	Centerra	12:15-12:45pm	Colin
	RedZone Rage	Centerra	5:00-5:30pm	Sherry
Thursday	RedZone Rage	Centerra	9:00-9:30am	Sherry
	RedZone Results	Centerra	5:00-6:00pm	Sherry
Friday	RedZone Rage	Centerra	12:15-12:45pm	Colin

Benefits of Small Group Personal Training

- Work in small groups with led by a certified a personal trainer
- See results faster and be supported with accountability
- Class sizes limited to 10 for more individual attention
- Enjoy fun small group workouts with people who share similar fitness goals
- You'll have a reserved spot in the class
- Small Group Training is fraction of the cost of one-on-one personal training

Centerra class descriptions

RedZone Rage

Get ready to unleash the power within by taking your workout to the next level! RedZone Rage is high intensity small group training classes that will transform your body while challenging yourself.

RedZone Real Results

This class is designed for anyone who want to see results by maintaining, gaining, or losing weight. This class will utilize cardio, weights, and plyometrics to help move you to your weight goals. Beginners welcome!

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NEW Group Training Program!



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Drop-in Training Punch Pass!

- Available for 1 hour and 30 minute increments.
 - * 30 minute increments valid for 20 and 30 minute sessions and cannot be used for 60 minute classes.
- Punch pass is valid for 3 months from purchase date.
- Punch pass must be pre-purchased in order to schedule classes.
- Punch pass may be used for **any** class in the increment it is purchases in.
- Reservations or cancellations can be done online or by calling the Front Desk.

Pricing

Member			Non-member		
\$60	5 Pack	30 minute classes	\$110	5 Pack	30 minute classes
\$100	10 Pack	30 minute classes	\$150	10 Pack	30 minute classes
\$90	5 Pack	60 minutes classes	\$140	5 Pack	60 minutes classes
\$170	10 Pack	60 minutes classes	\$220	10 Pack	60 minutes classes

How to get started

1. **To purchase punch pass, see Front Desk for enrollment information.**
 2. **Contact Jennifer Applegate at 970.988.1888 or japplegate@miramontlifestyle.com for any additional questions.**
 3. **Schedule classes online or with Front Desk.**
- Classes are not interchangeable. All classes meet at the front desk.
 - Sign-up for SGT Drop-in classes with a Front Desk Team Member or Members can log in and enroll online!
 - Drop-in up to 45 minutes before class.
 - Cancellations must take place no less than 2 hours before class or your account will be debited for that class.
 - **Centerra only opportunity!**

www.miramontlifestyle.com >Member Log In>