



MIRAMONT
PERSONAL TRAINING
Miramont North

FREE | Trial Week | January 16 - 20

Season 1 | January 23 - March 3

Monday	Tuesday	Wednesday	Thursday	Friday
	Boot Camp XT 6:30 am / Michelle		Boot Camp XT 6:30 am / Michelle	
	Boot Camp XT Express 9:15 am / Cathy	Core XT Express 9:30 am / Michelle	Boot Camp XT Express 9:15 am / Cathy	Core XT Express 9:30 am / Michelle
Boot Camp XT 12:00 pm / Michelle	Trim XT 12:00 pm / Cathy	Boot Camp XT 12:00 pm / Michelle	Trim XT 12:00 pm / Cathy	
	Boot Camp XT 5:30 pm / Nicole		Boot Camp XT 5:30 pm / Nicole	
Boot Camp XT Express 6:00 pm / Cathy		Boot Camp XT Express 6:00 pm / Cathy		

Boot Camp | Core | Trim

* Classes for women only

All XT classes are 2 days a week with the same trainer - M/W | T/TH | T/F | W/F
Classes are not interchangeable

Expert Trainers. Small Class Sizes. Great Results.



XT Training

Miramont's XT program is designed to revamp traditional workouts, produce results and motivate you to go to the gym! All classes are led by Miramont's certified personal trainers, who developed these dynamic and progressive programs to provide members with unique and unparalleled fitness training options. An XT program is guaranteed to boost your metabolism, burn fat, build muscle, and increase energy in the most efficient manner possible.

Class Description

BOOT CAMP XT

This small group training session is guaranteed to **boost your metabolism, burn fat, build muscle, and increase energy** in the most efficient manner possible. Boot camp XT combines high-endurance strength training with high-intensity cardiovascular intervals all in one workout. You will experience an intense calorie burning program providing fun, creative, and challenging moves that will keep you focused, empowered, and constantly moving toward your fitness goals. Workouts include a **wide variety of constantly changing circuits including drills, games, obstacles, plyometrics, relays, and body weight training.** We want to get you fit, get you healthy, challenge your mind, challenge your body, and most importantly **MAKE FITNESS FUN!**

CORE XT

Ignite your core! Core XT focuses on functional core movements to **improve core strength and stability, essential to pain-free movement, injury prevention and overall strength.** Your core is a complex series of muscles, extending far beyond your abs, including everything besides your arms and legs. It is incorporated in almost every movement of the human body. TR X suspension training, Bosu balls, stability balls, ropes, bands, and sandbags are featured in these workouts.

TRIM XT

For those of you who are in need of losing 10 pounds or more Trim XT is for you! This program is **non-competitive and focuses weight loss through long-term lifestyle changes, healthy eating, and moderate exercise.** Expect to be challenged, inspired, motivated, supported, coached, educated and trained by one of our fitness experts. Expect to set and achieve goals, make new supportive friends, gain a new found level of confidence in your body. **Expect to change both physically and emotionally.** Accountability is 80% of the battle. You will receive weekly weigh-ins (optional), weekly tasks and constant encouragement to help keep you focused.

Please note that our classes are not designated as "beginner" or "advanced" as any given class can be modified for lesser or greater intensity. Beginners are welcome to any class format; please let your instructor know if you have any limitations or need modifications.

Dates

XT M/W classes	January 23 - March 1	12 one hour sessions (6 weeks)
XT T/TH classes	January 24 - March 2	12 one hour sessions (6 weeks)
XT T/F classes	January 24 - March 3	12 one hour sessions (6 weeks)
XT W/F classes	January 25 - March 3	12 one hour sessions (6 weeks)

Registration

1. **Choose a Team and a coach.**
2. **Contact Jennifer Applegate, Fitness Program Developer
970.988.1888 | japplegate@miramontlifestyle.com.**
3. **Register and pay at the front desk before classes begin.**

Classes are not interchangeable | Please note that there are no make-ups for missed classes.

** There are no drop-ins for XT sessions.

Rates

50 minutes	\$ 149	2 days per week / 6 week season
25 minutes (Express)	\$ 99	2 days per week / 6 week season

www.miramontlifestyle.com/small-group/