



MIRAMONT  
PERSONAL TRAINING  
Miramont Central

FREE | Trial Week | March 6 - 10

Season 2 | March 13 - April 21

Monday	Tuesday	Wednesday	Thursday	Friday
	Sweat Express 6:00 am / Daniel		Sweat Express 6:00 am / Daniel	
*Sweat 12:15 pm / Chelsea		*Sweat 12:15 pm / Chelsea		
	Sweat Express 5:45pm / Alison		Sweat Express 5:45pm / Alison	
		Hip Hop Boot Camp 6:30 pm / Kate C		

Sweat Stability Shape

**Specialty classes** | *The specialty classes vary each month and will not be offered during the free trial week.*

Hip Hop Boot Camp | W | 6:30 - 7:20 pm | Trainer / Katy C | \$ 75 / 6 sessions, 1/25 - 3/1

Get ready to drop it low while getting the strength and lean, toned muscle you've been looking for. This combination dance and strength conditioning class will teach you basic hip hop moves, keep your heart rate up, and your get your muscles burning all in one. If you've been nervous about dance fitness and/or weight training, this is a great intro class with simplified movements in both realms. Not only will you get your all in one workout, but you'll come out feeling more confident to join any strength or cardio fitness class, such as group power, be bad hip hip, zumba, and many more. Drop it low and pump it up!"

\* Classes for women only

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

Expert Trainers. Small Class Sizes. Great Results.



## FitRx Training

Miramont's FitRx 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. A FitRx program is guaranteed to boost your metabolism, burn fat, build muscle, and increase energy in the most efficient manner possible.

### Class Descriptions

## Sweat FitRx - Sweat

This high energy form of training is guaranteed to boost your metabolism, help shed unwanted pounds and have you feeling and looking great. The workouts are designed so that each person sees their strength increase week after week. FitRx - Sweat combines high-endurance strength training with high-intensity cardiovascular intervals all in one workout. Workouts include a wide variety of constantly changing circuits including drills, games, obstacles, plyometrics, relays, and body weight training. 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.

## Stability FitRx - Stability

A strong healthy body begins with a strong, healthy core. FitRx - Stability 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. A stronger core makes you better at all things you do, from everyday life to your favorite sports, it's the glue that holds everything together. Emphasis will be placed on proper technique and balance for each exercise. TRX suspension training, Bosu balls, stability balls, ropes, bands, and sandbags are featured in these workouts. You will walk away feeling more confident and ready to take on daily activities with more energy.

## Shape FitRx - Shape

FitRx - Shape is a focused and measurable program specifically designed for participants who want to lose body fat. This program is non-competitive and focuses on 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, and gain a new found level of confidence in your body. Weekly weigh-ins (optional) are a part of this program to help with accountability. You will receive weekly self-work homework 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

FitRx M/W classes	March 13 - April 19	12 one hour sessions (6 weeks)
FitRx T/TH classes	March 14 - April 20	12 one hour sessions (6 weeks)
FitRx T/F classes	March 14 - April 21	12 one hour sessions (6 weeks)

### Registration

1. Choose a Team and a coach.
2. Contact Amber Staley | 970.672.4236 | [astaley@miramontlifestyle.com](mailto:astaley@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 FitRx sessions.

### Rates

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

[www.miramontlifestyle.com/small-group/](http://www.miramontlifestyle.com/small-group/)