



MIRAMONT  
LIFESTYLE FITNESS

# Miramont South



**FREE | Trial Week | January 16 - 20**

**Season 1 | January 23 - March 3**

Monday	Tuesday	Wednesday	Thursday	Friday
	FIT 5:00 am / Tim		FIT 5:00 am / Tim	
	FIT 6:00 am / Kelsey		FIT 6:00 am / Kelsey	
LIFE 7:00 am / Kelsey	FIT 7:00 am / Kelsey	LIFE 7:00 am / Kelsey	FIT 7:00 am / Kelsey	
	LIFE 8:00 am / Kelsey			LIFE 8:00 am / Kelsey
CORE* 9:15 am / Kelsey	FIT * 9:30 am / Kelsey	CORE* 9:15 am / Kelsey	FIT * 9:30 am / Kelsey	
	FIT 10:30 am / Tim		FIT 10:30 am / Tim	
FIT 12:00 pm / Aaron	LIFE 12:00 pm / Kadie	FIT 12:00 pm / Aaron	LIFE 12:00 pm / Kadie	
	FIT 5:00 pm / Kelsey		FIT 5:00 pm / Kelsey	
FIT 6:00 pm / Aaron	LIFE 6:00 pm / Kelsey	FIT 6:00 pm / Aaron	LIFE 6:00 pm / Kelsey	

\* Classes for women only

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

**ONE UNIT | ONE TEAM | ONE TRIBE**



## Tribe Team Training

Experience small group training like never before! Tribe Team Training forms a small group (around 6-12 people) that work together in a six week season. New and inspiring music powers every workout and classes are led by a TRIBE certified coach. Each workout is new and specifically programmed to deliver results based on the focus of the season. Tribe teams work together, as a unit, to help fellow team members reach a higher level of fitness through the motivation of your coach and teammates! **ONE UNIT | ONE TEAM | ONE TRIBE**

### Class descriptions

#### LIFE

**TribeLIFE™** is a low impact fitness program designed to improve quality of life through basic movement and strength training. It is designed to improve total body strength, fitness, and toning bringing renewed energy.  
50 minutes | Moderate Intensity/Functional/Low Impact

#### CORE

**TribeCORE™** is dedicated to improving toning, strength, stability, and power to your core through a variety of movement and isometric based exercises. This class will help bring you a slimmer waistline along with a firmer and stronger mid-section.  
50 minutes | Moderate Intensity/Functional/Low Impact

#### FIT

**TribeFIT™** is a high intensity functional fitness program designed to make you fitter, faster, and stronger. This class has a strong focus on full body movements and will challenge you to reach a higher level of fitness.  
50 minutes | High Intensity/Functional/Dynamic

### Dates

Tribe M/W classes	January 23 - March 1	12 one hour sessions (6 weeks)
Tribe T/TH classes	January 24 - March 2	12 one hour sessions (6 weeks)
Tribe T/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](mailto:japplegate@miramontlifestyle.com).
3. Register and pay at the front desk before classes begin.

Classes are not interchangeable. All classes meet at the gymnasium.

\* Please note that there are no make-ups for missed classes.

\*\* There are no drop-ins for TRIBE sessions.

### Rates

Member                      \$ 179 / per 6 week season

<http://www.miramontlifestyle.com/tribe>