



MIRAMONT  
LIFESTYLE FITNESS



FREE Trial Week | Sept 18 - 22 / M - F

Season 6 | Sept 25 - Nov 3

CENTRAL

Monday	Tuesday	Wednesday	Thursday	Friday
	LIFE 5:15 am / Chelsea		LIFE 5:15 am / Chelsea	
	FIT 6:15 am / Amber		FIT 6:15 am / Amber	
LIFE 9:00 am / Bronwen		LIFE 9:00 am / Bronwen		
LIFE 12:15 pm / Chelsea		LIFE 12:15 pm / Chelsea		
	LIFE 5:30 pm / Amber		LIFE 5:30 pm / Amber	

All TRIBE classes | 2 days weekly | Same trainer | M/W | T/TH | T/F | Classes not interchangeable | \* Women only classes

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

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

## Registration

1. **Choose a Team and a coach.**
2. **Contact Chelsea Hart | [chelesah@miramontlifestyle.com](mailto:chelesah@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**  
\$15 per session | **12 one hour sessions**

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