

South Location

Date Wednesday, May 4

Time 11:30am - 1:00pm

Instructor Kim Robinson

Cost \$20 member / \$30 non-member

Yoga for Tennis - In this workshop we will focus on beginning to intermediate yoga designed to increase flexibility in the knees, shoulders, hips, wrists, and ankles in order to aid movement, balance, and increase power. This program will help tennis players stay in the game, avoid injury, and use breathing and visualization to promote mental stillness and focused attention to maximize tennis success. Semi-private (6-20 participants)

South Location / Studio 1

Dates / Cost

Wednesday, May 4, 11, 18, 25 \$59 member / \$79 non-member

Wednesday, July 6, 13, 20, 27 \$59 member / \$79 non-member

Wednesday, August 3, 10, 17, 24, 31 \$69 member / \$89 non-member

Time 10:30am - 11:30pm

Instructor Victoria Clarke

Yoga for Healthy Bones - Learn how you can build strong bones and prevent osteoporosis. Even if you've been diagnosed with osteoporosis, find out how yoga can help. Experience a specific 15 minute yoga sequence and a meditation to keep your bones healthy, prevent bone loss and even make them stronger! Handouts will be provided.

North Location

Date Saturday, June 11

Time 12:00pm - 2:00pm

Instructor Marianne Moteleone

Cost \$30 member / \$45 non-member

Yoga 101 - Ever wonder if you were really doing a yoga pose right? We will look at basic yoga poses to understand the forms they take and how to find the right in them for you. Using Anusara Yoga's® Universal Principles of alignment, get ready to delve in deeply and open up to more than just an appropriate yoga pose!

Central Location

Date Sunday, June 5

Time 10:30am - 12:00pm

Instructor Tomi Simpson, certified Anusara Yoga Instructor

Cost \$20 member / \$30 non-member

Group Fitness - Class Descriptions

All Locations

Body Training Systems™ (BTS)

GROUP ACTIVE® Activate your life by incorporating all elements of fitness. In 1 hour you will increase your cardio fitness, build strength, improve your balance and flexibility.

GROUP CENTERGY® Grow longer and stronger as you explore this 60-minute journey of yoga and Pilates movements. Uplifting music, group dynamics and supportive instructors will enable you to center your energy and reduce stress.

GROUP GROOVE® If you can move, you can groove. You'll stomp, snap, shimmy, slide and smile your way through this 60-minute fitness dance program. Experience a fusion of club, urban and latin dance styles with chart topping hits and retro tunes.

GROUP KICK® This electric 60-minute fusion of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and your self confidence!

GROUP POWER® A 60-minute barbell program will strengthen all your major muscles in a motivating group environment with simple, athletic movements such as squats, lunges, presses and curls.

GROUP RIDE® Pedal in groups, roll over hills, chase the pack, climb mountains, spin your way to burning calories and strengthen your lower body all in 60-minutes. Group Ride® is geared to anyone that can ride a bike.

GROUP STEP® Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body one step at a time.

ADDITIONAL CLASS DESCRIPTIONS

Awesome Abs Exercises focus on firming and defining the abdominals and strengthening the back.

B.A.S.E. Balance, agility, stability and endurance is a freestyle class with 3 sections - 20 minutes of cardio using a step, 20 minutes of free weights working all major muscle groups and 20 minutes of a combination of balance, core, and stretching.

Cardio Kickboxing A challenging cardiovascular workout that incorporates kickboxing moves in an aerobic class format. Includes martial arts techniques to enhance strength and flexibility.

Core Instructor choice. May include one or more of the following: abdominals, back, glutes and legs.

Cycling A certified instructor will lead an athletic based exercise program for the cyclist within us all. Class times vary between 40 and 60-minutes. Water bottles are required and heart rate monitors are recommended.

Step Challenge This class uses challenging step choreography in a fast-paced, high-energy setting.

Nia® This Class is a path to condition, heal and express yourself through movement and sensation. A dynamic blend of dance arts, martial arts and healing arts. Nia® brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression. This experience is for every person, everywhere.

Tai Chi A Chinese system of physical exercises that is believed to facilitate the flow of Qi (life force) in the body, promoting good health and vitality. Tai Chi utilizes movements that are Yin Yang; opposites: Softness and strength, forward and backwards, as well as action and calm.

willPower & grace™ The ideal cardiovascular and strengthening solution for mind-body practitioners. Experience a new cutting edge easy-to-follow cardio-sculpting workout. This class unites yoga, Pilates, calisthenics and dance principles. For of all levels.

Zumba® One of the fastest growing, dance-based fitness programs in the country. This Latin based dance class will give you a boost to your cardio routine. All levels welcome.

Pilates - Basic Mat Start here! Class focus is to build a strong foundation in the fundamentals of Pilates. It includes a series of exercises on a mat, emphasizing quality over quantity.

* "Expecting Moms" are welcome to join the current group fitness schedule. As always please consult your physician first and let the instructor know of your good news. Instructors are familiar and trained to give you pre-natal options.

YOGA CLASSES

Yoga at Miramont is authentic in nature within a health club setting. Some classes include music, yoga adjustments, and partner involvement. Please note that instructors will remain within formats offering options throughout all classes.

Beginning Yoga Learn the stretching, bending and balancing involved in yoga postures. Learn how to keep your body aligned, stimulate your circulatory system, keeping your muscles and joints strong and flexible.

Anusara™ Inspired Yoga This unique style of yoga blends John Friend's eloquent Universal Principles of Alignment with a life affirming philosophy of intrinsic goodness. These classes offer each student the opportunity to step into and celebrate their own unique gifts by cultivating an understanding of the outer body and the inner landscape of heart and mind.

Ebb & Flow Yoga Great for beginners through advanced. Energizing Vinyasa flow postures intermittently connected

with relaxing static postures. Designed to significantly improve flexibility, balance and strength. Focusing on proper alignment and breath to deepen postures.

Fluid Power Flow A natural sequence of flowing rhythm, connecting each moment with unifying breath. This class is designed to link movements together while allowing you to be conscious of your breath in each pose.

Gentle Yoga Entry level yoga / stretch class. Create strength, flexibility and breath awareness through yoga.

Yin Yoga Great for beginners, this style of yoga is a passive and peaceful experience using breath, gravity, straps, blankets and blocks to disengage and relax into postures held for 1-5 minutes. In the yin practice, you explore how the slow, steady stretching of deep connective tissue can increase flexibility and gradually create more depth in poses.

Guided Yoga Practice All levels yoga is designed to fit everybody. Basic poses with introduction to options for intermediate and advanced variations. A teacher guides and supports from their mat. New yogis welcome!

Hatha Yoga A Class designed to increase strength, flexibility and balance while alleviating stress and promoting relaxation. All classes will include both asanas (postures) and pranayamas (breathing techniques) with variations in style.

Intermediate/Advanced Yoga Practice An advanced level yoga class to challenge and encourage you to deepen your yoga practice. Arms balances, inversions and back bending postures are included on a regular basis.

Restorative Yoga Mind, body and spirit are deeply nourished by the use of props to support the body, along with gentle breathing.

Yoga for all Levels A heart centered, alignment focused class that will improve your strength, balance and flexibility. Modifications utilizing props are offered.

Yoga Basics This class is geared to provide an introduction to newcomers; an ongoing class that focuses on fewer poses but has a deeper understanding and will utilize breathing and stress reduction techniques.

Yoga Basics & Beyond Open to all levels and caters to the details necessary for beginners to feel confident getting started in yoga.

Yoga Fusion Flow series yoga that focuses on deep extended postures. This class will improve flexibility, strength, stamina and promote tranquility; excellent cross-training for all athletes.

Vinyasa Flow A breath inspired journey to dynamic music where movement and breath are synchronized.

SENIOR PROGRAMMING

Forever Fit Senior specialty classes offered through the week for the young at heart. Enhance your quality of life by maintaining strength, balance, joint flexibility and endurance: step / strength, circuit training, core conditioning and cardio.

Forever Fit-Chi Ball In Chinese medicine chi means life force. When our vital energy (or chi) flows freely, the mind, body and spirit work harmoniously. Chi Ball is a fun, gentle and easy-to-follow class that calms the mind and improves balance, posture, concentration and flexibility. Breath work taken from Pilates, Tai Chi and Yoga.

SilverSneakers® Muscular Strength & Range of Movement (MS/ROM) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, as well as a chair for seated and / or standing support.

Silver Sneakers® Yoga Stretch Taught from a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises. A variety of safe and effective options are designed to increase flexibility and balance.

SilverSneakers® Cardio Circuit (CC) A non-impact cardio conditioning class presented in a circuit format with alternating resistance tool work and aerobic conditioning choreography.

Cardio Fit Silver Sneakers' newest group exercise. A safe low-impact, cardiovascular workout. Energizing and easy to follow movements promote heart healthy total body conditioning improvements to increase cardiovascular and muscular endurance. The Silver Sneakers chair offers a seated option during class.

***Please view our schedules at www.miramontlifestyle.com
Classes at each location may vary and are subject to change throughout the year.**

Join Our Group Fitness Mailing List

Sign up at all locations

- Would you like to know the latest about our Group Fitness classes, department and schedules?
- Be informed of changes, new classes and times.
- Learn about special events, "The Big Event" and how they affect the regular schedule.

Contact Richard at 672.4234 or richardr@miramontlifestyle.com for additional information.

Midsummer Group Fitness Big Event - Dancing for the Cause

Miramont dance instructors will help raise your heart rate and your awareness in a three hour midsummer dance event at our South location. This event is a fund raiser to benefit the Poudre Valley Cancer Center, and is open to the community and any level membership. There will be vendors, prizes, food and drink. Bring your dancing shoes and shake what you got!

Open Dance Time in Zumba, Nia, Group Groove

Location Miramont South Club Gymnasium

Date Friday, July 29

Time 6:00pm - 9:00pm

Cost \$10.00 per person at the door

100% the entry fee goes to the Poudre Valley Cancer Center

Miramont's next Big Event (October 2011) will focus on our Senior population. More information coming soon!

"What is" Series

Have you ever wondered what a Group Fitness class is all about? Perhaps you've thought: "What are they doing in that room?" Have you hesitated because of feeling unable to follow along, or just not feeling comfortable with something new?

Most fitness classes are free with your membership and all classes are designed to help you reach your own personal fitness goals in a fun and energizing environment. Miramont's "What is" Series is designed to inform, educate and inspire. Getting the basics down will be our approach to this exciting series. Our professional and certified instructors will conduct these classes as workshops. Along with the routine, they will engage in discussion around the topics of equipment used, technique, safety and will address any questions you may have.

Miramont's "What is" Series runs at various times throughout the year and class / workshops will cover all aspects / styles of our Group Fitness classes such as Cycling, Zumba, Group Power, Group Step, Pilates, Yoga and more!

Contact Richard at 672.4234 or richardr@miramontlifestyle.com for additional information.