

Group Fitness Class Descriptions



BODY TRAINING SYSTEMS™ (BTS) CLASSES

GROUP ACTIVE®: Activate your life in only one hour. Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength & improve your balance and flexibility.

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

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

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

GROUP POWER®: This 60-minute barbell program strengthens all your major muscles in a motivating group environment with simple, athletic movements such as squats, lunges, presses and curls; for all ages & levels.

GROUP RIDE®: Pedal in groups, roll over hills, chase the pack, climb mountains & spin your way to burning calories & strengthening your lower body. This 60-minute program is geared for anyone that can ride a bike.

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

FREESTYLE CLASSES

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

Cardio Kickboxing: A challenging cardiovascular workout that incorporates kickboxing moves in an aerobic class format. Includes punches & kicks, from martial arts, to enhance strength & flexibility.

Circuit Training: Utilizes a variety of equipment to give you maximum results in minimum time.

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

Cycling: An athletic based exercise program for the cyclist within us all. Class times vary between 40 & 60 minutes, taught by certified instructors. Water bottles required & Heart rate monitors are recommended.

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

YOGA CLASSES

Miramont's Yoga Staff is committed and excited to present a yoga schedule that is authentic in nature within a health club setting. Some classes may involve music, yoga adjustments, the use of oils or light sprays & partner involvement. Please note that the instructor will announce class formats before hand & options will always be available.

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 & celebrate their own unique gifts by cultivating an understanding of the outer body & the inner landscape of heart & mind.

Continuing Yoga: Focuses on proper body alignment to build strength & flexibility in yoga. Modifications offered & all students are welcome.

Ebb & Flow Yoga: Great for beginners through advanced. Energizing Vinyasa flow postures intermittently connected with relaxing static postures. Designed to significantly improve flexibility, balance & strength. Focusing on proper alignment & breath to deepen postures.

Fluid Power: A yoga practice class for all levels.

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

Gentle Yin Yoga: Great for beginners & beyond. A more passive & peaceful experience using breath, gravity straps, blankets & blocks to disengage & relax into longer postures held one to four minutes.

Guided Yoga Practice: All levels yoga designed to fit every body. Basic poses with introduction to options for intermediate and advanced variations. Teacher guides and supports from the mat. New yogis welcome!

Hatha Yoga: Open to all levels. It starts from a deep relationship with breath & utilizes classical asanas (postures). Learn to move consciously with the breath to unlock tightness & restricted holding patterns.

Intermediate/Advanced Yoga Practice: An advanced level yoga class to challenge & encourage you to deepen your yoga practice. Arms balances, inversions & 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.



MIRAMONT
LIFESTYLE FITNESS

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NORTH, 1800 Heath Pkwy.

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CENTRAL, 2211 S. College Ave.

970.225.2233

Yoga Continued

Yoga All Levels: Designed to increase strength, flexibility and balance while alleviating stress and promoting relaxation. Combinations of yoga methods are practiced; modifications offered.

Yoga Basics: Geared to provide an introduction to newcomers; an ongoing class that focuses on fewer poses but deeper understanding. It will utilize breathing and stress reduction techniques.

Yoga Basics & Beyond: This class is 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 and stamina and promote tranquility; excellent cross-training for all athletes.

Vinyasa Yoga: All levels; poses will flow from one to the other in connection with breath.

PILATES CLASSES

Pilates is a mindful, moderate exercise that serves as a strong foundation to other exercise modalities and practical life function. With faithful practice, Pilates will correct posture, increase bone density and joint health, improve flexibility and strengthen the back and abdominal muscles.

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

Pilates-Intermediate Mat: A challenging class that builds on the foundation created in the Basic Mat class. Instructor approval recommended in moving from basic to intermediate.

Pilates-Basic/Intermediate: Open to beginners and intermediate levels.

Pilates w/ Props: Thera Bands, Physio Balls, Power Circles, hand weights and small balls, can help excel your progress and advancement within the Pilates Method. Props also help to uncover imbalances and misalignments that you didn't recognize before. Give it a try, it can turn a regular Mat class into a whole new workout! All levels welcome.

SPECIALTY CLASSES

Nia®: A fusion cardio class that combines dance, martial arts and yoga into a fun and energetic workout.

willPower & grace™: Experience a new cutting edge cardio-conditioning workout with the uniting of dance, yoga, Pilates and calisthenics.

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.

"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 prenatal options.

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® I: 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, and a chair is used for seated and/or standing support.

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

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

Classes offered at each location may vary. Subject to change throughout the year. Please see a schedule from our Information Wall or visit www.miramontlifestyle.com to print a copy.

Please Note: *In order to make the most efficient use of our space, we will discontinue classes if there are seven or less participants for three consecutive weeks. This policy may be excluded during holidays and special occasions. Thank you for your understanding!*