



...Small Group Personal Training...

March 2010



Miramont Lifestyle Fitness offers a variety of small group training opportunities to our members. *Small group training offers you a chance to participate in a special, limited duration class with a specific goal or activity in mind.*



You will participate with four to ten other participants under the coaching of a Miramont Professional Trainer. Small group training offers you a chance to connect with a Personal Trainer at a very affordable price. The small group training classes differ from our other, regularly scheduled classes in that the number of participants is limited, the duration of the class is limited, and the purpose of the training is specific to the class participant's goals, and not just for general fitness purposes.



Training programs are limited to four to ten participants so sign up early to reserve your place. Invite your friends who may benefit from additional activity to join you. ●

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Brazilian Jiu-Jitsu

North | Meets in group exercise studio 1 / Ongoing class

Dates | Days | Times

Starts March 1 | M, TH 7:30-8:30pm, T 7-8am

\$79 per person unlimited classes for the month on any days

Instructor - Dwight Schubert, Jiu-Jitsu Purple Belt Certified Instructor | Call 672-4236 for more information, and register at the front desk

Dwight Schubert is a instructor under Pedro Schmall who was trained by Royler Gracie. Dwight is now affiliated with Keith Owen BJJ, which is in the Pedro Sauer network. In our classes everyone participates in live training without fear of injury. The classes will be Gi (uniform) focused but nogi participants are welcome. There is no striking and no slamming take downs. The basics are emphasized in every class and you will drill the moves until they become muscle memory. Brazilian Jiu-Jitsu is exciting, fun and a great workout in a relaxed environment. This class is for all people no matter age, skills, or physical condition.



Zumba Toning

Central | Meets in group exercise studio 1

Dates | Days | Times

March 1-31 | M, W 4-5 pm, no classes held March 15 & 17

Members \$79

Instructor - Ariella, Certified ZUMBA Instructor | Call 672-4236 for more information, and register at the front desk

Zumba TONING is a Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. ZUMBA® TONING is an innovative muscle training program with the addition of light weight toning sticks. Use 2 to 3 pounds weights. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. Now that you've worked on your lower body rhythm, it's time to perfect the upper body! The NEW and exciting Zumba toning program is designed to offer the participant a safe, yet effective total body toning workout! This class is open to everyone, no previous dance or ZUMBA® class experience necessary.

Knee Rehabilitation & Strengthening

South | Meets at the front desk

Dates | Days | Times

March 1-25 | T, TH 8-8:45 am

Members \$79

Instructor - Linda Bestor, Certified Professional Trainer | Call 672-4236 for more information, and register at the front desk

Weak and painful knees can be the result of injury, over-stress or simply genetics, but the aching truth is that bad knees can seriously limit your workouts. This class will focus on knee strengthening exercises for all types of injuries to eliminate pain and improve the quality of life.

KettleBell Conditioning

North | Meets at the front desk

Dates | Days | Times

March 1-25 | T, TH 12-12:45pm

Member drop-in \$22

Space limited to five participants per program

Instructor - Seth Fernandez, Certified Professional Trainer | Call 672-4236 for more information, and register at the front desk

Build strength, lose weight, and tone muscles with Russian kettlebells! You'll learn a variety of exercises and have fun with this different but very effective workout system. This class is for beginners and advanced exercisers.



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TRX Suspension Training - 4 Week Program

South & Central | Meets at the front desk

Dates | Days | Times

South - M, TH 7-8am

Central - T, Th 5:30-6:30pm

Member drop-in \$25

Space limited to four participants per program

Instructors - South - Kadie Hall, Central - Cristie Hendrickx, Certified Professional Trainers

Please choose one program time | Programs are not interchangeable | Call 672-4236 for more information, and register at the front desk

Enhance your workout with the TRX. Improve overall strength, flexibility, and performance. Use your own bodyweight to achieve overall body strength, improve balance, and increase endurance. The TRX is perfect for all fitness levels! Make your BODY your own GYM!

TEAM Boot Camp - 4 Week Program

South, North & Central | Meets at the front desk

Dates | Days | Times

March 1-26 | South - M, W, F 6-7am

March 1-26 | North - M, W, F 6-7am, T, TH 6-7am, T, TH 12-1pm

March 1-26 | Central - T, TH 7:30am-8:30am

Members T, TH classes \$79 or \$12 drop-in | M, W, F classes \$99 or \$10 drop in

Non-members M, W, F \$169 | T, TH \$149

Space limited to ten participants per program

Instructors - South - Tim Anderson, North - Matt Yacca and Seth Fernandez

Central - Danny Sanchez, Certified Professional Trainers | **Please choose one program time**

Programs are not interchangeable | Call 672-4236 for more information, and register at the front desk

An Intense program designed to get your into fantastic condition. Rope pulls, jumping drills, and partner exercises are just some of the activities you'll enjoy.

TEAM Fitness - 4 Week Program

South & North | Meets at the front desk

Dates | Days | Times

March 1-26 | South - M, W, F 12:15-1:15pm

March 1-26 | North - M, W, F 6-7am

Members - \$99 or \$10 drop in

Non-members - \$169

Space limited to ten participants per program

Instructors - South - Pat Raymond, North - Levi Goedel, Certified Professional Trainers

Call 672-4236 for more information, and register at the front desk

A slightly less intense boot camp with a mixture of circuit exercises. Great for cardiovascular conditioning, toning, muscular strength and endurance.

TEAM Weight Loss - 4 Week Program

North & Central | Meets at the front desk

Dates | Days | Times

March 1-26 | North - M, W, F 12-1pm

March 1-26 | Central - M, W, F 7:30am-8:30am

Members -\$99 or \$10 drop in

Non-members \$169

Space limited to ten participants per program

Instructors - North - Amanda Kemmerlin, Central - Natalie Olsen, Certified Professional Trainers

Call 672-4236 for more information, and register at the front desk

A less intense boot camp with a focus on calorie counting and calorie burning. This class will consist of weigh-ins, boot camp activities, and resistance training.

