

August 2010
...Small Group Personal Training...



"Not Your Typical Group Exercise Class"

Miramont Lifestyle Fitness SMALL GROUP TRAINING is NOT your typical group exercise class.



With Small Group Training you will experience:

- Individualized attention from your instructor
- A guaranteed spot in the class
- A progression of movements and techniques throughout the class;
- The same group of registrants at each class
- Increased skill sets, new workout techniques and training methods that you can use in your everyday workouts...



Why not give it a try today?

Small Group training is one trainer working consistently with the same group of members over the course of a four week period. The trainer will teach and/or enhance an exercise skill. With the same teacher and group of students, you will never have a substitute instructor. The class can progress together throughout the course. Most classes will have a minimum of 3 and a maximum of 10 attendees. Small class sizes will facilitate the instructor getting to know each clients abilities including physical limitations on an individual level.



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Miramont Elite Fitness - Crossfit Inspired training - 4 Week Program

North | Meets at the front desk

Dates | Days | Times

August 3 - 26 | T, TH 5:00-6:00pm,

Cost | eight, 1 hour sessions \$79.00 (**First Class is FREE!**)

David Weber, Crossfit Level 1 Coach

Miramont Elite Fitness is a high intensity training program that is scalable for everyone! Crossfit inspired workouts are rock-solid, supportive and positive. Participants will inspire each other through common challenges and shared successes will teach each other to move beyond perceived limits. We promise you will find yourself doing things you never thought you were capable of.



Running Group - 4 Week Program - Continuous

Centerra | Meets at the front desk

Dates | Days | Times

August 2 - 25 | M, W 5:00-6:00pm

Cost | eight, 1 hour sessions for \$79 per month

Instructor - Kayla Ferguson, Certified Professional Trainer and long distance runner. (Kayla attended Black Hills State on a running scholarship and holds her degree in exercise science. She is certified through the American College of Sports Medicine.)

Beginners to Advanced... will be grouped by abilities.

The group will prepare you for anything from a 5k to a Marathon. Workouts will include tempos, thresholds, hill workouts, intervals, and some barefoot running. Help improve cardio while working out with others who share the love of running. Goal: Cross Roads Half Marathon: September 19th, 2010.



Body Transformation for Women - 4 Week Program

South | Meets at the front desk

Dates | Days | Times

August 3 - 26 | T, TH 3:30-4:30pm, Jacqui Blazier, Certified Professional Trainer

Cost | eight, 1 hour sessions \$79.00

Ages: 16+, Women only

Instructor - Jacqui Blazier, Certified Professional Trainer

Lose weight and get in the best shape of your life with this boot camp designed just for women! This class targets those pesky problem areas and will assist you in conditioning and shaping your figure.

TEAM Boot Camp - 4 Week Program

South, North & Central | Meets at the front desk

Dates | Days | Times

August 2 - 27 | South - M, W, F 6:00-7:00am

August 2 - 27 | North - M, W, F 6:00-7:00am, T, TH 6:00-7:00am, T, TH 12:00-1:00pm

August 3 - 26 | Central - T, TH 7:30am-8:30am

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

Space limited to ten participants per program

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

Central - Danny Sanchez, Certified Professional Trainers |

Programs are not interchangeable | Please choose one program time

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



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Personal Training...



MIRAMONT
LIFESTYLE FITNESS



TEAM Fitness - 4 Week Program

South & North | Meets at the front desk

Dates | Days | Times

August 2 - 27 | South - M, W, F 12:15-1:15pm

August 3 - 26 | North - M, W, F 6:00-7:00am

Cost | \$99 or \$10 drop in

Space limited to ten participants per program

Instructors - South - Takhir Minullin, North - Levi Goedl, Certified Professional Trainers

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 & South | Meets at the front desk

Dates | Days | Times

August 3 - 26 | South - T, TH, 6:00am-7:00am

August 2 - 27 | North - M, W, F 12:00-1:00pm

August 3 - 26 | North - T, TH, 6:00pm-7:00pm

August 2 - 27 | Central - M, W, F 7:30am-8:30am

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

Space limited to ten participants per program

Instructors - South - Jacqui Blazier, Central - Natalie Olsen,
North - Kari Adams, Robbie Brago Certified Professional Trainers

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.



Shoulder & Knee Conditioning - 4 Week Program

South | Meets at the front desk

Dates | Days | Times

August 3 - 26 | T, TH 8:00-9:00am

Cost | \$79

Instructor - Linda Bestor, Certified Professional Trainer

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