



Belay Groups

2 hours of supervised climbing with our climbing professionals!

Time Please call 672-5000 to schedule an appointment

Cost	climbing wall member	\$15
	non-member	\$20
	Scouts / non-profits	\$12 / per climber

Climbing Passes

Day Pass (non-member)	\$12
Ladies Night - Wednesday after 5:00pm	\$10 w / rental package \$5 for all ladies
College Night - Friday after 5:00pm	\$10 w / rental package \$5 w / College ID

Climbing Rentals

Shoes	\$4
Harness	\$4
Belay Device	\$2
Rental Package	\$8
(Shoes, Harness and Belay Device)	



Climbing Pro-Shop

We stock all the latest climbing accessories including apparel, chalk, chalk bags, shoes, bouldering accessories, guide books, snacks and more!

Call Miramont Lifestyle Fitness - North Club
at 221-5000 for more wall information.

Aquatics Group Fitness

South Location

Master's Swim Classes

Master's - The Master's Swim program is for experienced adult swimmers. The class is for those who desire to improve their fitness level, to train for a special event, or to have the support and motivation provided by exercising with a group. We swim around 3000 yards during the hour. Having basic swimming skills is a prerequisite, and we recommend that newcomers to the class be able to swim at least 500 yards (10 laps / 20 lengths) without stopping and be able to repeat 100's on a 2:00 minute interval.



Master's Lite - Master's Lite is a lighter version of Masters. We focus on technique with a balance of speed and endurance. We swim between 2000 - 2500 yards during the hour. This is a goal - not everyone will complete the entire workout. Having basic swimming skills is a prerequisite and we recommend that newcomers be able to swim at least 200 yards (4 laps / 8 lengths) without stopping.

Water Fitness Classes

Aqua fitness is for everyone. Come experience a low to non-impact workout in the pool that focuses on strength, cardio, endurance, and range of motion. Let our certified instructors engage, energize and inspire you with a variety of less joint-jarring workouts.

Specialized Classes

Silver Splash - Activate your aqua exercise urge for variety! Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and various types of equipment are used to develop strength, balance and coordination.

Low Intensity

Core Strength & Stretch - The basic principles of Pilates are combined with the relaxing benefits of water. The emphasis of these sessions are **strength, flexibility, and posture.** The water's resistance allows each move to be purposefully performed with a full range of motion. Core Strength & Stretch is complimentary to any mid to high intensity class.

Medium Intensity

Cardio Challenge - Cardio and strength training in shallow and deep water for a full body workout. Class is taught at medium to high intensity with modifications offered for low intensity. Equipment is used for strength training with focus on the core and major muscle groups.

Aqua Fit - The Aqua Fit class is a well-rounded form of exercise for all ages and levels of exercise. The water provides an environment that protects exercisers from the impact of traditional aerobics, making it easier on the joints. The resistance of the water allows you to improve muscle tone while you work the cardiovascular system. Water allows exercisers to multi task, targeting several regions in the body simultaneously. Flexibility and balance / core strength are also addressed in this class.