



## Belay Groups

2 hours of supervised climbing with our climbing professionals!

**Time** Please call 672-5000 to schedule an appointment

<b>Cost</b>	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.



## High Intensity

**Intervals** - Alternating cardio and strength training for a full body workout. Class is taught at medium to high-intensity with modifications offered for lower intensity. Equipment is used for strength training with focus on the core and major muscle groups. Exercises are adapted for those who want to stay in deep water.

**Deep H2O** - Plunge into the deep end of the pool for an aggressive approach to water fitness with this n0-impact workout. This class offers an overall toning and cardio workout.

**Deep H2O Power** - This class takes the traditional Deep H2O class and pumps it up! This class is for those looking for a more aggressive cardio workout combined with periods of toning.

## Adult Aquatics Group Lessons

### South Location

**Beginner Lessons** - This is for the adult that wants to learn to swim in a group environment. We offer excellent motivation and support in a small class size to teach the skills needed to improve.

Sorry, no drop-ins available.

**Fitness/Triathlon Swimming** - This class is designed to improve your technique. We teach correct form for all competitive strokes with an emphasis on freestyle and triathlon techniques.

Drop-ins welcome.

### Session Dates

September 18 - October 23

### Registration

September 6 -17

### Times

Beginner Lessons

Saturday 7:30 - 8:00am

Fitness / Triathlon Swimming

Saturday 8:00 - 9:00am

### Cost

Beginner Lessons

premier member

non-member

\$60 / session

\$80 / session

Fitness Swim

\$70 / session

\$95 / session

\$16 / drop in

\$20 / session



Contact Nick in the Aquatics office at 672-4225 or [nicka@miramontlifestyle.com](mailto:nicka@miramontlifestyle.com)