

# Group Exercise | CENTERRA | April 2017

Monday			
Class		Time	Instructor
<b>SPINNING®</b> ■ S		5:45-6:35am	Meredith
Studio RESERVED	1	8:00-11:00am	
Miramont Core	1	11:30-11:55am	Alison
OptimalAlignment 1 Yoga	2	12:00-12:55pm	Sonya
<b>SPINNING®</b> ■ S		12:15-1:00pm	Alison
<b>BODYPUMP</b> ■	1	5:30-6:25pm	Kris L.
DeepStretch Yoga	2	5:30-6:25pm	Linda
Tuesday			
Class		Time	Instructor
OptimalAlignment 1 Yoga	2	7:00-7:55am	Mo
Studio RESERVED	1	8:00-11:00am	
<b>CXWORX</b>	1	11:30-11:55am	Rotate
<b>BODYPUMP</b> ■	1	12:00-12:55pm	Rotate
PowerFlow 1 Yoga	2	12:00-12:55pm	Jenn
<b>SPINNING®</b> ■ S		12:15-1:00pm	Greg T.
DeepStretch Yoga	2	5:30-6:25pm	Katie H.
Wednesday			
Class		Time	Instructor
<b>SPINNING®</b> ■ S		5:45-6:35am	Greg T./Trish
Studio RESERVED	1	8:00-11:00am	
<b>RPM</b> Express ■ S		12:15-12:45pm	Torrie
OptimalAlignment 1 Yoga	2	1:00-1:55pm	Linda
OptimalAlignment 2 Yoga	2	5:30-6:25pm	Haley
Studio RESERVED	1	5:30-7:30pm	
<b>SPINNING®</b> ■ S		5:45-6:40pm	Alana

Thursday			
Class		Time	Instructor
Studio RESERVED	1	8:00-11:00am	
<b>BODYPUMP</b> ■	1	12:00-12:55pm	Kris B.
<b>BODYFLOW</b>	2	12:00-12:55pm	NaNet
OptimalAlignment 1 Yoga	2	5:30-6:25pm	Linda
Friday			
Class		Time	Instructor
<b>SPINNING®</b> ■ S		5:45-6:35am	Jerry
Studio RESERVED	1	8:00-11:00am	
Miramont Core	1	11:30-11:55am	Kacee
Studio RESERVED	1	12:00-1:00pm	
OptimalAlignment 1 Yoga	2	12:00-12:55pm	Kacee
<b>SPINNING®</b> ■ S		12:15-1:00pm	Shauna
<b>BODYVIVE 3.1</b> Express ☆	1	12:15-12:45pm	Torrie
Saturday			
Class		Time	Instructor
<b>SPINNING®</b> ■ S		8:15-9:10am	Cathy
PowerFlow Yoga (All Levels)	2	9:30-10:25am	Cathy
Sunday			
Class		Time	Instructor
The willPower Method™	1	9:15-10:10am	Amanda Lee
DeepStretch Yoga	2	9:15-10:10am	Katie H.
<b>BODYPUMP</b> ■	1	10:15-11:10am	Rotate

LIGHT BLUE BOXES INDICATE A CHANGE

1 | Studio 1  Time Change

2 | Studio 2  New Class

 S | SPINNING  Fee Based Class

■ Pass required | Available 30 minutes before class begins

## Announcements

**Alternate Holiday Schedule | April 1 & April 16**  
My Miramont app & website | Real time schedules

Join in April and receive a complimentary 60 day Climbing Wall add-on!

**LES MILLS IS FINALLY HERE!**

Try one of our brand new classes!



MIRAMONT  
LIFESTYLE FITNESS

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