

Group Exercise | CENTRAL | April 2017



MIRAMONT
LIFESTYLE FITNESS

2211 S College Ave
970.225.2233

Monday				
Class		Time	Instructor	
BODYPUMP	■	2	5:15-6:10am	Jerry
SPINNING®	■	S	5:15-6:10am	Dana
BodyDefine Yoga		1	9:15-10:10am	Jolee
BODYPUMP	■	2	9:15-10:10am	Rotate
SPINNING®	■	S	9:15-10:10am	Heather
DeepStretch Yoga		1	10:15-11:10am	Haley
Cardio Strength Fusion	★	2	10:15-11:10am	Jen
SilverSneakers Cardio		1	11:15-12:10pm	Carri
BODYVIVE 3.1 (starts 4/10)	★	2	11:15-12:10pm	Chelsea
BODYFLOW		2	12:15-1:10pm	Suki
SPINNING®	■	S	12:15-1:10pm	Cecilia
BOLLY X LIT		1	12:30-1:15pm	Merrissa
BODYPUMP	■	2	4:30-5:25pm	Brandi
OptimalAlignment 2 Yoga (90 min)		1	5:00-6:30pm	Leah
BODYCOMBAT		2	5:30-6:25pm	Tara
SPINNING® * INTRO* (4/3 & 4/17)		S	5:00-5:25pm	Mark
SPINNING®	■	S	5:30-6:25pm	Mark
Hip Hop: Be Bad		2	6:30-7:25pm	Kennan
PowerFlow 2 Yoga		1	6:45-7:40pm	Danny
Tuesday				
Class		Time	Instructor	
BODYCOMBAT		2	5:15-6:15am	Mark
BODYPUMP	■	2	6:15-7:10am	Lynn
SPINNING®	■	S	6:15-7:10am	Natalie
OptimalAlignment 1 Yoga		1	8:00-8:55am	Sonya
Pilates Basic/Intermediate Mat	■	1	9:15-10:10am	Ali
BODYSTEP		2	9:15-10:10am	Tara
SPINNING®	■	S	9:15-10:10am	Jacob
DeepStretch Yoga		1	10:15-11:10am	Heather
Miramont Core		2	10:15-10:40am	Tara
Zumba		2	10:45-11:40am	Maria
SilverSneakers Classic		1	11:15-12:10pm	Chelsea
CXWORX		2	11:45-12:10pm	Kristina
The willPower Method™		1	12:15-1:10pm	Dana
BODYPUMP	■	2	12:15-1:10pm	Kristina
Studio RESERVED - PSD		2	4:00-4:30pm	
Barre Fitness	■	1	4:30-5:25pm	Nicole
OptimalAlignment 1 Yoga		1	5:30-6:25pm	Kate
BODYPUMP	■	2	5:30-6:25pm	Jerry
SPINNING®	■	S	5:30-6:25pm	Mark
Barre Fitness	■	1	6:30-7:25pm	Nicole
Zumba		2	6:30-7:25pm	Cecilia
PowerFlow Yoga (All Levels)		1	7:30-8:25pm	Sonya

Wednesday				
Class		Time	Instructor	
BODYPUMP	■	2	5:15-6:10am	Dola
SPINNING®	■	S	5:15-6:10am	Jerry
PowerFlow 2 Yoga		1	6:15-7:10am	Leah
BODYVIVE	★	1	7:30-8:25am	Chelsea
Barre Fitness	■	1	9:15-10:10am	Kelli
BODYCOMBAT		2	9:15-10:10am	Tara
SPINNING®	■	S	9:15-10:10am	Heather
OptimalAlignment 2 Yoga		1	10:15-11:10am	Sonya
BODYPUMP	■	2	10:15-11:10am	Bronwen
PowerFlow 1 Yoga		1	11:15-12:10pm	Reneca
BOLLY X		2	11:15-12:10pm	Chelsea
Chair Assisted Yoga		1	12:15-1:10pm	Stacey/Shawna
BODYFLOW		2	12:15-1:10pm	Geneva
SPINNING®	■	S	12:15-1:10pm	Bronwen
Studio RESERVED - PSD		1	4:30-5:25pm	
BODYCOMBAT		2	4:30-5:25pm	Stacy
PowerFlow 2 Yoga		1	5:30-6:25pm	Shawna
Zumba		2	5:30-6:25pm	Maria
SPINNING®	■	S	5:30-6:25pm	Mark
Studio RESERVED		2	6:30-7:25pm	

LIGHT BLUE BOXES INDICATE A CHANGE

1 | Studio 1 Time Change

2 | Studio 2 New Class

SPINNING Fee Based Class

■ Pass required | Available 30 minutes before class begins

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Thursday			
Class		Time	Instructor
Cardio Strength Fusion	2	5:15-6:10am	Kristin
SPINNING® ■ S		5:15-6:10am	Dana
BODYPUMP ■	2	6:15-7:10am	Dana
The willPower Method™	1	8:00-8:55am	Beck
OptimalAlignment 1 Yoga	1	9:15-10:10am	Stacey
BODYSTEP	2	9:15-10:10am	Chelsea
SPINNING® ■ S		9:15-10:10am	Rotate
DeepStretch Yoga ⌚	1	10:15-11:10am	Stacey
BODYFLOW	2	10:15-11:10am	Suki
BOLLY X ☆	1	11:15-12:10pm	Chelsea
CXWORX	2	11:45-12:10pm	Lori L.
PowerFlow Yoga (All Levels)	1	12:15-1:10pm	Kimberly
BODYPUMP ■	2	12:15-1:10pm	Lori A.
Zumba	2	4:00-4:55pm	Megan P.
Barre Fitness ■	1	4:30-5:25pm	Nicole
Miramont Core	2	5:00-5:25pm	Dana
The willPower Method™	1	5:30-6:25pm	Dana
BODYPUMP ■	2	5:30-6:25pm	Karen B.
SPINNING® ■ S		5:30-6:25pm	Meredith
DeepStretch Yoga	1	6:30-7:25pm	Katie
Hip Hop: Freestyle	2	6:30-7:25pm	Kate
PowerFlow Yoga (All Levels)	1	7:30-8:25pm	Sonya
Friday			
Class		Time	Instructor
BODYCOMBAT	2	5:15-6:10am	Mark
SPINNING® ■ S		5:15-6:10am	Trish
OptimalAlignment 2 Yoga	1	6:15-7:10am	Sasha
BODYPUMP ■	2	6:15-7:10am	Kayla
SPINNING® ■ S		7:15-8:10am	Shauna
SilverSneakers Classic	1	8:15-9:10am	Chelsea
OptimalAlignment 2 Yoga	1	9:15-10:10am	Stacey
BODYPUMP ■	2	9:15-10:10am	Bronwen
Chair Assisted Yoga	1	10:15-11:10am	Stacey
BODYFLOW	2	10:15-11:10am	Lori A.
BODYVIVE ☆	2	11:15-12:10pm	Chelsea
Forever Fit	1	11:30-12:15pm	Marcia/Carri
Barre Fitness ■	1	12:30-1:25pm	Nicole
PowerFlow 2 Yoga	1	4:30-5:25pm	Rotate
BODYPUMP ■	2	4:30-5:25pm	Leah
SPINNING® ■ S		4:30-5:25pm	Dana
Hip Hop: Freestyle	2	5:30-6:25pm	Kate

Saturday			
Class		Time	Instructor
PowerFlow 2 Yoga	1	8:00-8:55am	Danny
BODYPUMP ■	2	8:15-9:10am	Lynn
Pilates Basic/Intermediate Mat ■	1	9:15-10:10am	Mary/Ali
BODYCOMBAT	2	9:15-10:10am	Katie
SPINNING® ■ S		9:15-10:10am	Dana/Quinha
Barre Fitness ■	1	10:15-11:10am	Mary/Nicole
Zumba	2	10:15-11:10am	Cecilia
Studio RESERVED - PSD	S	10:30-11:25am	
The willPower Method™	1	11:30-12:25pm	Kristina
OptimalAlignment 1 Yoga	1	4:00-4:55pm	Tonya
BODYPUMP ■	2	4:30-5:25pm	Megan R.
Sunday			
Class		Time	Instructor
BODYSTEP	2	8:15-9:10am	Tara
OptimalAlignment 2 Yoga (90 min)	1	9:00-10:30am	Tonya
BODYCOMBAT	2	9:15-10:10am	Tara
SPINNING® ■ S		9:15-10:00am	Kristin
BODYPUMP ■	2	10:15-11:10am	Kristin
BOLLY X	1	10:45-11:40am	Merrissa
BODYFLOW	2	11:15-12:10pm	NaNet
PowerFlow Yoga (All Levels)	1	5:00-5:55pm	Shawna

LIGHT BLUE BOXES INDICATE A CHANGE

- 1 | Studio 1 ⌚ Time Change
- 2 | Studio 2 ☆ New Class
- Ⓢ | 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!



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