Group Exercise | CENTRAL | January 2017

Monday

Class		Time	Instructor
GROUP POWER ■	2	5:15-6:10am	Jerry
SPINNING® ■	S	5:15-6:10am	Dana
BodyDefine Yoga	1	9:15-10:10am	Jolee
GROUP POWER ■	2	9:15-10:10am	Kelly
SPINNING® ■	S	9:15-10:10am	Heather
DeepStretch Yoga	1	10:15-11:10am	Haley
GROUP ACTIVE	2	10:15-11:10am	Kelly
SilverSneakers Cardio	1	11:15-12:10pm	Sherri
GROUP CENTERGY	2	12:15-1:10pm	Suki
SPINNING® ■	S	12:15-1:10pm	Cecilia
BOLLYX LIT ☆	1	12:30-1:15pm	Merrissa
GROUP POWER ■	2	4:30-5:25pm	Brandi
OptimalAlignment 2 Yoga (90 min)	1	5:00-6:30pm	Leah
GROUP FIGHT	2	5:30-6:25pm	Tara
SPINNING® * INTRO CLASS * (1/9 & 1/23) ☆	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
GROUP FIGHT	2	5:15-6:15am	Mark
GROUP POWER ■	2	6:15-7:10am	Lynn
SPINNING® ■	S	6:15-7:10am	Natalie
OptimalAlignment 1 Yoga	1	8:00-8:55am	Katie
Pilates Basic/Intermediate Mat ■	1	9:15-10:10am	Karyn
GROUP BLAST	2	9:15-10:10am	Tara
SPINNING® ■	S	9:15-10:10am	Jacob
DeepStretch Yoga	1	10:15-11:10am	Victoria
Miramont Core	2	10:15-10:40am	Tara
Balance & Bike (starts 1/10)	S	10:15-10:55am	
Zumba	2	10:45-11:40am	Maria
SilverSneakers Classic	1	11:15-12:10pm	Sherri
GROUP CORE 🕒	2	11:45-12:10pm	Kristina
The willPower Method™	1	12:15-1:10pm	Dana
GROUP POWER 🕒 ■	2	12:15-1:10pm	Kristina
Studio RESERVED - PSD	2	4:00-4:30pm	
SPINNING® ■	S	4:15-5:10pm	Jacob
Barre Fitness ■	1	4:30-5:25pm	Nicole
Miramont Core	2	5:00-5:25pm	Michelle
OptimalAlignment 1 Yoga	1	5:30-6:25pm	Kate
GROUP POWER ■	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
GROUP POWER ■	2	5:15-6:10am	Debby
SPINNING® ■	S	5:15-6:10am	Jerry
PowerFlow 2 Yoga	1	6:15-7:10am	Leah
Forever Fit	1	7:30-8:25am	Chelsea
Pilates Basic/Intermediate Mat ■	1	9:15-10:10am	Karyn
GROUP FIGHT	2	9:15-10:10am	Kelly
SPINNING® ■	S	9:15-10:10am	Heather
OptimalAlignment 2 Yoga	1	10:15-11:10am	Sonya
GROUP POWER ■	2	10:15-11:10am	Bronwen
PowerFlow 1 Yoga	1	11:15-12:10pm	Reneca
BOLLYX	2	11:15-12:10pm	Chelsea
Chair Assisted Yoga	1	12:15-1:10pm	Stacey/Shawna
GROUP CENTERGY	2	12:15-1:10pm	Geneva
SPINNING® ■	S	12:15-1:10pm	Bronwen
Studio RESERVED - PSD	1	4:30-5:25pm	
GROUP FIGHT	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
Pilates Basic/Intermediate Mat ■	1	6:30-7:25pm	Ali

LIGHT BLUE BOXES INDICATE A CHANGE

1 | Studio 1
2 | Studio 2
S | SPINNING
Time Change
New Class
$ Fee Based Class
■ Pass required | Available 30 minutes before class begins

Alternate Holiday Schedule on January 1st:
See studios or visit:
http://miramontlifestyle.com/membership/closures/

WIN A FREE BIKE!
Refer a friend for an entry to win!

MIRAMONT
LIFESTYLE FITNESS
2211 S College Ave
970.225.2233

Group Exercise | CENTRAL | January 2017

Thursday

Class		Time	Instructor
Cardio Strength Fusion	2	5:15-6:10am	Kristin
SPINNING® ■	S	5:15-6:10am	Dana
GROUP POWER ■	2	6:15-7:10am	Dana
The willPower Method™	1	8:00-8:55am	Beck
OptimalAlignment 1 Yoga	1	9:15-10:10am	Stacey
GROUP BLAST	2	9:15-10:10am	Chelsea
SPINNING® ■	S	9:15-10:10am	Anna T.
Dance Tribe	1	10:15-11:10am	Denise
GROUP CENTERGY	2	10:15-11:10am	Suki
DeepStretch Yoga	1	11:15-12:10pm	Stacey
GROUP CORE 🕒	2	11:45-12:10pm	Lori L.
PowerFlow Yoga (All Levels)	1	12:15-1:10pm	Kimberly
GROUP POWER 🕒 ■	2	12:15-1:10pm	Lori F.
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
GROUP POWER ■	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
GROUP FIGHT	2	5:15-6:10am	Mark
SPINNING® ■	S	5:15-6:10am	Trish
OptimalAlignment 2 Yoga	1	6:15-7:10am	Sasha
GROUP POWER ■	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
GROUP POWER ■	2	9:15-10:10am	Bronwen
Chair Assisted Yoga	1	10:15-11:10am	Stacey
GROUP CENTERGY	2	10:15-11:10am	Lori F.
GROUP ACTIVE	2	11:15-12:10pm	Kelly
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	Laura
GROUP POWER ■	2	4:30-5:25pm	Lisa
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
GROUP POWER ■	2	8:15-9:10am	Lynn
Pilates Basic/Intermediate Mat ■	1	9:00-9:55am	Mary/Ali
GROUP FIGHT	2	9:15-10:10am	Rotate
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
GROUP POWER ■	2	4:30-5:25pm	Megan R.

Sunday

Class		Time	Instructor
GROUP BLAST	2	8:15-9:10am	Tara/Emily
OptimalAlignment 2 Yoga (90 min)	1	9:00-10:30am	Tonya
GROUP FIGHT	2	9:15-10:10am	Tara
SPINNING® ■	S	9:15-10:00am	Kristin
GROUP POWER ■	2	10:15-11:10am	Kristin
Hip Hop: Freestyle	1	10:45-11:40am	Kate
GROUP CENTERGY	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
2 | Studio 2
S | SPINNING
🕒 Time Change
☆ New Class
$ Fee Based Class
■ Pass required | Available 30 minutes before class begins

Alternate Holiday Schedule on January 1st:
See studios or visit:
http://miramontlifestyle.com/membership/closures/

WIN A FREE BIKE!
Refer a friend for an entry to win!

MIRAMONT
LIFESTYLE FITNESS
2211 S College Ave
970.225.2233