

# Group Exercise | NORTH | January 2017



MIRAMONT  
LIFESTYLE FITNESS  
1800 Health Parkway  
970.221.5000

Monday			
Class		Time	Instructor
Forever Fit	1	8:15-9:10am	Chelsea
<b>GROUP BLAST</b>	1	9:15-10:10am	Chelsea
PowerFlow 2 Yoga	2	9:15-10:10am	Kimberly
Freestyle Kickboxing	1	12:15-1:10pm	Ricki
<b>GROUP POWER</b> ■	1	4:30-5:25pm	Morgan
Miramont Core	2	5:00-5:25pm	Greg C.
<b>GROUP BLAST</b>	1	5:30-6:25pm	Kristina
PowerFlow Yoga (All Levels)	2	5:30-6:25pm	Nicole
<b>SPINNING®</b> ■ S		5:30-6:25pm	Greg C.
Studio RESERVED	1	6:30-9:30pm	
DeepStretch Yoga	2	6:30-7:25pm	Nicole
Tuesday			
Class		Time	Instructor
<b>GROUP POWER</b> ■	1	5:30-6:25am	Dola
PowerFlow Yoga (All Levels) ⌚	2	6:15-7:10am	Reneca
SilverSneakers Classic	1	8:15-9:10am	Sherri
<b>GROUP POWER</b> ■	1	9:15-10:10am	Lori F.
OptimalAlignment 2 Yoga (90 min)	2	9:15-10:45am	Beck
<b>GROUP CENTERGY</b>	1	10:15-11:10am	Lori F.
Miramont Core	1	11:45-12:10pm	Michelle
PowerFlow 1 Yoga	2	12:00-12:55pm	Reneca
Studio RESERVED-PSD	2	4:30-5:25pm	
Freestyle Kickboxing *INTRO CLASS * (1/10 & 1/24)	1	5:00-5:30pm	Christina
Freestyle Kickboxing	1	5:30-6:25pm	Christina
OptimalAlignment 1 Yoga	2	5:30-6:25pm	Nicole
Hip Hop: Be Bad	1	6:30-7:25pm	Laurie
Studio RESERVED	2	7:00-8:00pm	
Wednesday			
Class		Time	Instructor
Forever Fit	1	8:15-9:10am	Kristina/Carri
<b>GROUP BLAST</b>	1	9:15-10:10am	Kristina
OptimalAlignment 1 Yoga	2	9:15-10:10am	Angela
PowerFlow 2 Yoga	2	10:30-11:25am	Jenn
<b>GROUP POWER</b> * INTRO CLASS * ★ (1/4 & 1/18)	1	4:00-4:25pm	Morgan
<b>GROUP POWER</b> ■	1	4:30-5:25pm	Morgan
Miramont Core	2	5:00-5:25pm	Kacee
<b>GROUP BLAST</b>	1	5:30-6:25pm	Nicole
PowerFlow Yoga (All Levels)	2	5:30-6:25pm	Kacee
Freestyle Kickboxing ★	1	6:30-7:25pm	Christina
DeepStretch Yoga	2	6:45-7:40pm	Kacee

Thursday			
Class		Time	Instructor
<b>GROUP POWER</b> ■	1	5:30-6:25am	Dola
<b>SPINNING®</b> ■ S		6:15-7:10am	Kris L.
Chair Assisted Yoga	1	8:15-9:10am	Pam W.
<b>GROUP POWER</b> ■	1	9:15-10:10am	Natalie
PowerFlow 1 Yoga	2	9:15-10:10am	Pam W.
<b>GROUP CENTERGY</b>	1	10:15-11:10am	Natalie
Miramont Core	1	11:45-12:10pm	Michelle
<b>SPINNING® (Express)</b> ■ S		12:15-12:45pm	Michelle
OptimalAlignment 2 Yoga	2	4:30-5:25pm	Kacee
<b>GROUP FIGHT</b>	1	5:30-6:25pm	Lee
BodyDefine Yoga	2	5:30-6:25pm	Jolee
Friday			
Class		Time	Instructor
<b>GROUP ACTIVE</b>	1	8:15-9:10am	Kristina
Freestyle Kickboxing	1	9:15-10:10am	Ricki
PowerFlow 2 Yoga	2	9:15-10:10am	Katie H.
<b>SPINNING®</b> ■ S		9:15-10:10am	Megan T.
Miramont Core	1	10:15-10:40am	Ricki
OptimalAlignment 1 Yoga	2	10:15-11:10am	Dannie
<b>GROUP POWER</b> ■	1	11:15-12:10pm	Kristina
Saturday			
Class		Time	Instructor
The willPower Method™	1	8:00-8:55am	Amanda Lee
<b>GROUP POWER</b> ■	1	9:15-10:10am	Karen B.
PowerFlow 2 Yoga (75 min)	2	9:15-10:30am	Kimberly
<b>SPINNING®</b> ■ S		9:15-10:10am	Jerry
90 min *2nd Saturday of Month		9:15-10:45am	Jerry
Sunday			
Class		Time	Instructor
<b>GROUP POWER</b> ■	1	8:15-9:10am	Kayla
<b>GROUP BLAST</b>	1	9:15-10:10am	Nicole
PowerFlow Yoga (All Levels)	2	9:15-10:10am	Sonya
DeepStretch Yoga	2	10:30-11:25am	Leah
PowerFlow 2 Yoga	2	5:00-5:55pm	Laura

LIGHT BLUE BOXES INDICATE A CHANGE

- 1 | Studio 1
- 2 | Studio 2
- ⌚ | Time Change
- ★ | New Class
- Ⓢ | SPINNING
- 💰 | Fee Based Class
- | Pass required | Available 30 minutes before class begins

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

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