

Group Fitness | NORTH | May 2017

Monday			
Class		Time	Instructor
Forever Fit	1	8:15-9:10am	Chelsea
BODYSTEP	1	9:15-10:10am	Chelsea
PowerFlow 2 Yoga (90 min)	2	9:15-10:45am	Kimberly
Miramont Core	1	11:45-12:10pm	Ricki
Freestyle Kickboxing	1	12:15-1:10pm	Ricki
BODYPUMP	1	4:30-5:25pm	Teri
CXWORX	2	5:00-5:25pm	Kristina
BODYSTEP	1	5:30-6:25pm	Kristina
PowerFlow Yoga (All Levels)	2	5:30-6:25pm	Nicole
SPINNING®	S	5:30-6:25pm	Rotate
Studio RESERVED	1	6:30-9:30pm	
DeepStretch Yoga	2	6:30-7:25pm	Nicole
Tuesday			
Class		Time	Instructor
BODYPUMP	1	5:30-6:25am	Dola
SilverSneakers Classic	1	8:15-9:10am	Sherri
BODYPUMP	1	9:15-10:10am	Lori A.
OptimalAlignment 2 Yoga (90 min)	2	9:15-10:45am	Beck
BODYFLOW	1	10:15-11:10am	Lori A.
Miramont Core	1	11:45-12:10pm	Michelle
Studio RESERVED-PSD	2	4:30-5:25pm	
Freestyle Kickboxing	1	5:30-6:25pm	Chris
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
BODYSTEP	1	9:15-10:10am	Kristina
OptimalAlignment 1 Yoga	2	9:15-10:10am	Angela
PowerFlow 2 Yoga	2	12:00-12:55pm	Jenn
BODYPUMP	1	4:30-5:25pm	Teri
Miramont Core	2	5:00-5:25pm	Kacee
BODYSTEP	1	5:30-6:25pm	Nicole
PowerFlow Yoga (All Levels)	2	5:30-6:25pm	Kacee
Freestyle Kickboxing	1	6:30-7:25pm	Chris
DeepStretch Yoga	2	6:45-7:40pm	Kacee

Thursday			
Class		Time	Instructor
BODYPUMP	1	5:30-6:25am	Dola
SPINNING®	S	6:15-7:10am	Kris L.
Chair Assisted Yoga	1	8:15-9:10am	Pam W.
BODYPUMP	1	9:15-10:10am	Natalie
PowerFlow 1 Yoga	2	9:15-10:10am	Pam W.
BODYFLOW	1	10:15-11:10am	Natalie
Miramont Core	1	11:45-12:10pm	Michelle
SPINNING® (Express)	S	12:15-12:45pm	Michelle
OptimalAlignment 2 Yoga	2	4:30-5:25pm	Kacee
BODYCOMBAT	1	5:30-6:25pm	Katie
BodyDefine Yoga	2	5:30-6:25pm	Jolee
Studio RESERVED	2	7:00-8:00pm	
Friday			
Class		Time	Instructor
BODYVIVE 3.1	1	8:15-9:10am	Kristina
Freestyle Kickboxing	1	9:15-10:10am	Ricki
PowerFlow 2 Yoga	2	9:15-10:10am	Pam
SPINNING®	S	9:15-10:10am	Alana
OptimalAlignment 1 Yoga	2	10:15-11:10am	Pam
BODYPUMP	1	11:15-12:10pm	Kristina
Saturday			
Class		Time	Instructor
BODYPUMP	1	9:15-10:10am	Karen B.
PowerFlow 2 Yoga (75 min)	2	9:15-10:30am	Kimberly
SPINNING®	S	9:15-10:10am	Jerry
90 min *2nd Saturday of Month	S	9:15-10:45am	Jerry
Sunday			
Class		Time	Instructor
BODYPUMP	1	8:15-9:10am	Kayla
BODYSTEP	1	9:15-10:10am	Nicole
BODYSTEP * INTRO CLASS * (5/7 & 5/21)	1	10:15-11:10am	Nicole
PowerFlow Yoga (All Levels)	2	9:15-10:10am	Rotate
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 Time Change
- 2 | Studio 2 New Class
- S | SPINNING Fee Based Class
- Pass required | Available 30 minutes before class begins

Announcements

Alternate Holiday Schedule | May 29
My Miramont app | Real time schedules

Join in May and receive half off prorated dues!
12 month contracts receive waived enrollment!



MIRAMONT
LIFESTYLE FITNESS

1800 Heath Parkway
970.221.5000