

# Group Fitness | SOUTH | May 2017

Monday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:15-6:10am	Natalie
<b>SPINNING®</b>	■ S	5:15-6:10am	Jacob
PowerFlow 2 Yoga	2	6:15-7:10am	Sasha
<b>SPINNING®</b>	■ S	6:15-7:10am	Alana
Pilates-Intermediate	1	8:15-9:10am	Julie
<b>BODYPUMP</b>	■ 1	9:15-10:10am	Lynn
Pilates-Basic Mat	2	9:15-10:10am	Julie
<b>SPINNING®</b>	■ S	9:15-10:10am	Natalie
<b>BODYFLOW</b>	2	10:15-11:10am	Trish
<b>SPINNING® INTRO CLASS * (5/8 &amp; 5/22)</b>	S	10:30-11:25am	Nikki
SilverSneakers Circuit	2	11:30-12:25pm	Marcia
Barre Fitness	2	12:30-1:25pm	Carri
<b>BODYPUMP</b>	■ 1	4:30-5:25pm	Julie S.
BodyDefine Yoga	2	4:15-5:10pm	Katelyn
<b>Zumba</b>	1	5:30-6:25pm	Megan P.
<b>BODYFLOW</b>	2	5:30-6:25pm	Geneva
<b>SPINNING®</b>	■ S	5:30-6:25pm	Greg T.
OptimalAlignment 1 Yoga	2	6:30-7:25pm	Julie

Tuesday			
Class		Time	Instructor
<b>BODYPUMP</b>	■ 1	5:15-6:10am	Karen H.
<b>SPINNING®</b>	■ S	5:45-6:40am	Meredith
<b>BODYPUMP</b>	■ 1	6:15-7:10am	Dana
Forever Fit (Spinning 1st)	2	7:15-8:10am	Jenny
<b>BODYVIVE 3.1</b>	■ 1	8:15-9:10am	Chelsea
Step Challenge	1	9:15-10:00am	Anja
OptimalAlignment 1 Yoga	2	9:15-10:10am	Michael
<b>RPM</b>	■ S	9:15-10:00am	Chelsea
Miramont Core	1	10:15-10:40am	Ricki
Dance Tribe	2	10:15-11:10am	Geneva
SilverSneakers Classic	2	11:45-12:40pm	Julie
<b>BODYPUMP</b>	■ 1	12:15-1:10pm	Natalie
Chair Assisted Yoga	2	12:45-1:40pm	Julie
Barre Fitness	2	2:00-2:55pm	Nicole
Miramont Core	1	5:00-5:25pm	Cathy G.
<b>BODYCOMBAT</b>	1	5:30-6:25pm	Stacy
PowerFlow 2 Yoga	2	5:30-6:25pm	Michael
<b>BODYFLOW</b>	2	6:30-7:25pm	Karen

Wednesday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:15-6:10am	Kristin T.
<b>SPINNING®</b>	■ S	5:15-6:10am	Maria D.
Miramont Core	1	6:15-6:35am	Quinha
<b>SPINNING®</b>	■ S	6:15-7:10am	Kris L.
Pilates-Intermediate	2	8:15-9:10am	Julie
<b>BODYPUMP</b>	■ 1	9:15-10:10am	Molly
BodyDefine Yoga	2	9:15-10:10am	Nicole
<b>SPINNING®</b>	■ S	9:15-10:10am	Shauna
<b>BODYFLOW</b>	2	10:15-11:10am	Trish R.
SilverSneakers Circuit	2	11:30-12:25pm	Marcia
Barre Fitness	2	12:30-1:25pm	Lori
<b>BODYPUMP</b>	■ 1	4:30-5:25pm	Meghan W.
The willPower Method™	1	5:30-6:25pm	Amanda Lee
<b>BODYFLOW</b>	2	5:30-6:25pm	Julie C.
<b>SPINNING®</b>	■ S	5:30-6:25pm	Quinha
<b>BODYCOMBAT</b>	1	6:30-7:25pm	Jerry
PowerFlow 1 Yoga	2	6:45-7:40pm	Siobhan

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

901 Oakridge Drive  
970.282.1000

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Thursday				
Class		Time	Instructor	
<b>BODYPUMP</b>	■	1	5:15-6:10am	Jerry
<b>SPINNING®</b>	■	S	5:45-6:40am	Tessa
PowerFlow Yoga (All Levels)		2	6:00-6:55am	Cathy
<b>BODYPUMP</b>	■	1	6:15-7:10am	Brandi
Forever Fit (Spinning 1st)		2	7:15-8:10am	Marcia
<b>BODYVIVE 3.1</b>	■	1	8:15-9:10am	Stacy
<b>BODYSTEP</b>		1	9:15-10:10am	Jen
PowerFlow 1 Yoga		2	9:15-10:10am	Sonya
<b>SPINNING®</b>	■	S	9:15-10:10am	Cathy
Miramont Core		1	10:15-10:40am	Ricki
Barre <b>Fitness</b>		2	10:30-11:25am	Lori
SilverSneakers Classic		2	11:45-12:40pm	Julie
<b>Zumba</b>		1	5:30-6:25pm	Cecilia
OptimalAlignment 1 Yoga (75 min)		2	6:15-7:30pm	Beck
Studio RESERVED		1	6:45-9:45pm	
Friday				
Class		Time	Instructor	
Cardio Strength Fusion		1	5:15-6:00am	Kristin
<b>SPINNING®</b>	■	S	5:15-6:10am	Dustin
<b>BODYFLOW</b>		1	6:15-7:10am	Karen/Meghan
<b>SPINNING®</b>	★ ■	S	6:15-7:00am	Brandi
Forever Fit (Chi Ball)		2	7:15-8:10am	Marcia
Pilates-Basic Mat		1	8:15-9:10am	Ali
<b>BODYPUMP</b>	■	1	9:15-10:10am	Megan R.
BodyDefine Yoga		2	9:15-10:10am	Nicole
<b>SPINNING®</b>	■	S	9:15-10:10am	Kris L.
<b>BODYFLOW</b>		2	10:15-11:10am	Julie
<b>Zumba</b>		1	10:30-11:25am	Alexandra
Chair Assisted Yoga		2	11:45-12:40pm	Julie
DeepStretch Yoga		2	1:00-1:55pm	Katie

Saturday				
Class		Time	Instructor	
<b>BODYPUMP</b>	■	1	7:15-8:10am	Karen H.
<b>SPINNING®</b>	■	S	8:00-8:55am	Meredith
<b>BODYCOMBAT</b>		1	8:15-9:10am	Lauren
Dance Tribe		2	8:15-9:10am	NaNet
<b>BODYPUMP</b>	■	1	9:15-10:10am	Lori A.
<b>BODYFLOW</b>		2	9:15-10:10am	Suki
<b>SPINNING®</b>	■	S	9:45-10:40am	Tessa
PowerFlow Yoga (All Levels)		2	10:15-11:10am	Kacee
DeepStretch Yoga		2	11:30-12:25pm	Kacee
Sunday				
Class		Time	Instructor	
<b>SPINNING®</b>	■	S	8:30-9:25am	Quinha
<b>BODYPUMP</b>	■	1	9:00-9:55am	Jerry
OptimalAlignment 1 Yoga		2	9:15-10:10am	Haley
<b>BODYFLOW</b>		1	10:15-11:10am	Lori A/Meghan W.
<b>SPINNING®</b>	■	S	10:15-11:10am	Mark M.
90 min *Last Sunday of Month		S	10:15-11:45am	Mark M.
DeepStretch Yoga		2	10:30-11:25am	Haley
<b>BODYPUMP</b>	■	1	5:00-5:55pm	Megan R./Julie
Studio RESERVED		2	5:00-6:00pm	

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