

Group Exercise | CENTRAL | February 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	Lisa	
SPINNING®	■ S	9:15-10:10am	Heather	
DeepStretch Yoga	1	10:15-11:10am	Haley	
GROUP FIGHT	2	10:15-11:10am	Rotate	
SilverSneakers Cardio	1	11:15-12:10pm	Sherri/Chelsea	
GROUP CENTERGY	2	12:15-1:10pm	Suki	
SPINNING®	■ S	12:15-1:10pm	Cecilia	
BOLLY X 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 * (2/6 & 2/20)	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 (ends 2/14)	S	10:15-10:55am		
Zumba	2	10:45-11:40am	Maria	
SilverSneakers Classic	1	11:15-12:10pm	Sherri/Chelsea	
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	Dola	
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	Rotate	
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	
BOLLY X	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	
Studio RESERVED	2	6:30-7:25pm		

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

Studio 2 CLOSED & classes cancelled due to instructor training on Feb 4 & 5.

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



MIRAMONT
LIFESTYLE FITNESS

2211 S College Ave
970.225.2233

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LIFESTYLE FITNESS

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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 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
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 A.
GROUP BLAST	2	11:15-12:10pm	Rotate
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	9:15-10:10am	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
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
BOLLY X ☆	1	10:45-11:40am	Merrissa
GROUP CENTERGY	2	11:15-12:10pm	NaNet
PowerFlow Yoga (All Levels)	1	5:00-5:55pm	Shawna

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