

# Group Exercise | NORTH | February 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 A.
OptimalAlignment 2 Yoga (90 min)	2	9:15-10:45am	Beck
<b>GROUP CENTERGY</b>	1	10:15-11:10am	Lori A.
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 * (2/7 & 2/21)	1	5:00-5:25pm	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 * (2/1 & 2/15)	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	Pam
<b>GROUP POWER</b> ■	1	11:15-12:10pm	Kristina
Saturday			
Class		Time	Instructor
<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	S	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	Emily/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 ⌚ Time Change

2 | Studio 2 ★ New Class

⚡ S | SPINNING 💰 Fee Based Class

■ Pass required | Available 30 minutes before class begins

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

**Studio 1 CLOSED & classes cancelled due to instructor training on Feb 25 & 26.**