





Group Exercise | CENTERRA | March 2017

Monday				
Class		Time	Instructor	
SPINNING® ■ S	1	5:45-6:35am	Meredith	
Studio RESERVED	1	8:00-11:00am		
Miramont Core	1	11:30-11:55am	Alison	
GROUP ACTIVE (Express)	1	12:00-12:45pm	NaNet	
OptimalAlignment 1 Yoga	2	12:00-12:55pm	Sonya	
SPINNING® ■ S	1	12:15-1:00pm	Alison	
GROUP POWER ■	1	5:30-6:25pm	Kris L.	
DeepStretch Yoga	2	5:30-6:25pm	Linda	
Tuesday				
Class		Time	Instructor	
OptimalAlignment 1 Yoga	2	7:00-7:55am	Mo	
Studio RESERVED	1	8:00-11:00am		
GROUP CORE	1	11:30-11:55am	Lisa	
GROUP POWER ■	1	12:00-12:55pm	Lisa	
PowerFlow 1 Yoga	2	12:00-12:55pm	Jenn	
SPINNING® ■ S	1	12:15-1:00pm	Greg T.	
DeepStretch Yoga	2	5:30-6:25pm	Katie H.	
Wednesday				
Class		Time	Instructor	
SPINNING® ■ S	1	5:45-6:35am	Greg T./Trish	
Studio RESERVED	1	8:00-11:00am		
GROUP ACTIVE (Express)	1	12:00-12:45pm	NaNet	
GROUP RIDE (Express) ■ S	1	12:15-12:45pm	Torrie	
OptimalAlignment 1 Yoga	2	1:00-1:55pm	Linda	
OptimalAlignment 2 Yoga	2	5:30-6:25pm	Haley	
Studio RESERVED	1	5:30-7:30pm		
SPINNING® ■ S	1	5:45-6:40pm	Alana	

Thursday				
Class		Time	Instructor	
Studio RESERVED	1	8:00-11:00am		
GROUP POWER ■	1	12:00-12:55pm	Kris B.	
GROUP CENTERGY	2	12:00-12:55pm	NaNet	
OptimalAlignment 1 Yoga	2	5:30-6:25pm	Linda	
Friday				
Class		Time	Instructor	
SPINNING® ■ S	1	5:45-6:35am	Jerry	
Studio RESERVED	1	8:00-11:00am		
Miramont Core	1	11:30-11:55am	Kacee	
Studio RESERVED	1	12:00-1:00pm		
OptimalAlignment 1 Yoga	2	12:00-12:55pm	Kacee	
GROUP RIDE ■ S	1	12:15-1:00pm	Morgan	
Saturday				
Class		Time	Instructor	
SPINNING® ■ S	1	8:15-9:10am	Cathy	
PowerFlow Yoga (All Levels)	2	9:30-10:25am	Cathy	
Sunday				
Class		Time	Instructor	
The willPower Method™	1	9:15-10:10am	Amanda Lee	
DeepStretch Yoga	2	9:15-10:10am	Katie H.	
GROUP POWER ■	1	10:15-11:10am	Lisa	

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!



MIRAMONT
LIFESTYLE FITNESS

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