

# Group Exercise | CENTRAL | March 2017

Monday				
Class		Time	Instructor	
<b>GROUP POWER</b>	■ 2	5:15-6:10am	Jerry	
<b>SPINNING®</b>	■ S	5:15-6:10am	Dana	
BodyDefine Yoga	1	9:15-10:10am	Jolee	
<b>GROUP POWER</b>	■ 2	9:15-10:10am	Lisa	
<b>SPINNING®</b>	■ S	9:15-10:10am	Heather	
DeepStretch Yoga	1	10:15-11:10am	Haley	
<b>GROUP ACTIVE</b>	2	10:15-11:10am	Rotate	
SilverSneakers Cardio	1	11:15-12:10pm	Chelsea	
<b>GROUP CENTERGY</b>	2	12:15-1:10pm	Suki	
<b>SPINNING®</b>	■ S	12:15-1:10pm	Cecilia	
<b>BOLLY X LIT</b>	1	12:30-1:15pm	Merrissa	
<b>GROUP POWER</b>	■ 2	4:30-5:25pm	Brandi	
OptimalAlignment 2 Yoga (90 min)	1	5:00-6:30pm	Leah	
<b>GROUP FIGHT</b>	2	5:30-6:25pm	Tara	
<b>SPINNING® * INTRO CLASS * (3/6 &amp; 3/20)</b>	S	5:00-5:25pm	Mark/Meredith	
<b>SPINNING®</b>	■ 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	
<b>GROUP FIGHT</b>	2	5:15-6:15am	Mark	
<b>GROUP POWER</b>	■ 2	6:15-7:10am	Lynn	
<b>SPINNING®</b>	■ S	6:15-7:10am	Natalie	
OptimalAlignment 1 Yoga	1	8:00-8:55am	Katie	
Pilates Basic/Intermediate Mat	■ 1	9:15-10:10am	Ali	
<b>GROUP BLAST</b>	2	9:15-10:10am	Tara	
<b>SPINNING®</b>	■ S	9:15-10:10am	Jacob	
DeepStretch Yoga	1	10:15-11:10am	Victoria	
Miramont Core	2	10:15-10:40am	Tara	
<b>Zumba</b>	2	10:45-11:40am	Maria	
SilverSneakers Classic	1	11:15-12:10pm	Chelsea	
<b>GROUP CORE</b>	2	11:45-12:10pm	Kristina	
The willPower Method™	1	12:15-1:10pm	Dana	
<b>GROUP POWER</b>	■ 2	12:15-1:10pm	Kristina	
Studio RESERVED - PSD	2	4:00-4:30pm		
<b>SPINNING®</b>	■ 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	
<b>GROUP POWER</b>	■ 2	5:30-6:25pm	Jerry	
<b>SPINNING®</b>	■ S	5:30-6:25pm	Mark	
Barre Fitness	■ 1	6:30-7:25pm	Nicole	
<b>Zumba</b>	2	6:30-7:25pm	Cecilia	
PowerFlow Yoga (All Levels)	1	7:30-8:25pm	Sonya	

Wednesday				
Class		Time	Instructor	
<b>GROUP POWER</b>	■ 2	5:15-6:10am	Dola	
<b>SPINNING®</b>	■ S	5:15-6:10am	Jerry	
PowerFlow 2 Yoga	1	6:15-7:10am	Leah	
Forever Fit	1	7:30-8:25am	Chelsea	
Barre Fitness ☆	■ 1	9:15-10:10am	Kelli	
<b>GROUP FIGHT</b>	2	9:15-10:10am	Tara	
<b>SPINNING®</b>	■ S	9:15-10:10am	Heather	
OptimalAlignment 2 Yoga	1	10:15-11:10am	Sonya	
<b>GROUP POWER</b>	■ 2	10:15-11:10am	Bronwen	
PowerFlow 1 Yoga	1	11:15-12:10pm	Reneca	
<b>BOLLY X</b>	2	11:15-12:10pm	Chelsea	
Chair Assisted Yoga	1	12:15-1:10pm	Stacey/Shawna	
<b>GROUP CENTERGY</b>	2	12:15-1:10pm	Geneva	
<b>SPINNING®</b>	■ S	12:15-1:10pm	Bronwen	
Studio RESERVED - PSD	1	4:30-5:25pm		
<b>GROUP FIGHT</b>	2	4:30-5:25pm	Stacy	
PowerFlow 2 Yoga	1	5:30-6:25pm	Shawna	
<b>Zumba</b>	2	5:30-6:25pm	Maria	
<b>SPINNING®</b>	■ 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

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# Group Exercise | CENTRAL | March 2017

Thursday			
Class		Time	Instructor
Cardio Strength Fusion	2	5:15-6:10am	Kristin
<b>SPINNING®</b> ■ S	5	5:15-6:10am	Dana
<b>GROUP POWER</b> ■ 2	2	6:15-7:10am	Dana
The willPower Method™	1	8:00-8:55am	Beck
OptimalAlignment 1 Yoga	1	9:15-10:10am	Stacey
<b>GROUP BLAST</b>	2	9:15-10:10am	Chelsea
<b>SPINNING®</b> ■ S	S	9:15-10:10am	Rotate
Dance Tribe	1	10:15-11:10am	Denise
<b>GROUP CENTERGY</b>	2	10:15-11:10am	Suki
DeepStretch Yoga	1	11:15-12:10pm	Stacey
<b>GROUP CORE</b>	2	11:45-12:10pm	Lori L.
PowerFlow Yoga (All Levels)	1	12:15-1:10pm	Kimberly
<b>GROUP POWER</b> ■ 2	2	12:15-1:10pm	Lori A.
<b>Zumba</b>	2	4:00-4:55pm	Megan P.
Barre <i>Fitness</i> ■ 1	1	4:30-5:25pm	Nicole
Miramont Core	2	5:00-5:25pm	Dana
The willPower Method™	1	5:30-6:25pm	Dana
<b>GROUP POWER</b> ■ 2	2	5:30-6:25pm	Karen B.
<b>SPINNING®</b> ■ S	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
<b>GROUP FIGHT</b>	2	5:15-6:10am	Mark
<b>SPINNING®</b> ■ S	S	5:15-6:10am	Trish
OptimalAlignment 2 Yoga	1	6:15-7:10am	Sasha
<b>GROUP POWER</b> ■ 2	2	6:15-7:10am	Kayla
<b>SPINNING®</b> ■ S	S	7:15-8:10am	Shauna
SilverSneakers Classic	1	8:15-9:10am	Chelsea
OptimalAlignment 2 Yoga	1	9:15-10:10am	Stacey
<b>GROUP POWER</b> ■ 2	2	9:15-10:10am	Bronwen
Chair Assisted Yoga	1	10:15-11:10am	Stacey
<b>GROUP CENTERGY</b>	2	10:15-11:10am	Lori A.
<b>GROUP ACTIVE</b>	2	11:15-12:10pm	Chelsea
Forever Fit	1	11:30-12:15pm	Marcia/Carri
Barre <i>Fitness</i> ■ 1	1	12:30-1:25pm	Nicole
PowerFlow 2 Yoga	1	4:30-5:25pm	Leah/Jenn
<b>GROUP POWER</b> ■ 2	2	4:30-5:25pm	Lisa
<b>SPINNING®</b> ■ S	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
<b>GROUP POWER</b> ■ 2	2	8:15-9:10am	Lynn
Pilates Basic/Intermediate Mat ■ 1	1	9:15-10:10am	Mary/Ali
<b>GROUP FIGHT</b>	2	9:15-10:10am	Stacy/Mark
<b>SPINNING®</b> ■ S	S	9:15-10:10am	Dana/Quinha
Barre <i>Fitness</i> ■ 1	1	10:15-11:10am	Mary/Nicole
<b>Zumba</b>	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
<b>GROUP POWER</b> ■ 2	2	4:30-5:25pm	Megan R.
Sunday			
Class		Time	Instructor
<b>GROUP BLAST</b>	2	8:15-9:10am	Tara
OptimalAlignment 2 Yoga (90 min)	1	9:00-10:30am	Tonya
<b>GROUP FIGHT</b>	2	9:15-10:10am	Tara
<b>SPINNING®</b> ■ S	S	9:15-10:00am	Kristin
<b>GROUP POWER</b> ■ 2	2	10:15-11:10am	Kristin
<b>BOLLYX</b>	1	10:45-11:40am	Merrissa
<b>GROUP CENTERGY</b>	2	11:15-12:10pm	NaNet
PowerFlow Yoga (All Levels)	1	5:00-5:55pm	Shawna

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