Group Exercise | SOUTH | March 2017

Monday

Class		Time	Instructor
Cardio Strength Fusion	1	5:15-6:10am	Natalie
SPINNING®	S	5:15-6:10am	Jacob
PowerFlow 2 Yoga	2	6:15-7:10am	Sasha
SPINNING®	S	6:15-7:10am	Alana
Pilates-Intermediate	1	8:15-9:10am	Julie
Tai Chi	2	8:15-9:10am	Denise
GROUP POWER	1	9:15-10:10am	Lynn
Pilates-Basic Mat	2	9:15-10:10am	Julie
SPINNING®	S	9:15-10:10am	Natalie
GROUP CENTERGY	2	10:15-11:10am	Trish
SPINNING® * INTRO CLASS * (3/6 & 3/27)	S	10:30-11:25am	Nikki
SilverSneakers Circuit	2	11:30-12:25pm	Marcia
Barre Fitness	2	12:30-1:25pm	Kelli L.
GROUP POWER	1	4:30-5:25pm	Julie S.
BodyDefine Yoga	2	4:15-5:10pm	Katelyn
Zumba	1	5:30-6:25pm	Megan P.
GROUP CENTERGY	2	5:30-6:25pm	Geneva
SPINNING®	S	5:30-6:25pm	Greg T.
OptimalAlignment 1 Yoga	2	6:30-7:25pm	Julie

Tuesday

Class		Time	Instructor
GROUP POWER	1	5:15-6:10am	Karen H.
SPINNING®	S	5:45-6:40am	Meredith
GROUP POWER	1	6:15-7:10am	Dana
Forever Fit (Spinning 1st)	2	7:15-8:10am	Jenny
GROUP ACTIVE	1	8:15-9:10am	Denise
Step Challenge	1	9:15-10:00am	Anja
OptimalAlignment 1 Yoga	2	9:15-10:10am	Heather
SPINNING®	S	9:15-10:10am	Megan T.
Miramont Core	1	10:15-10:40am	Ricki
Dance Tribe	2	10:15-11:10am	Geneva
SilverSneakers Classic	2	11:45-12:40pm	Julie
GROUP POWER	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.
GROUP FIGHT	1	5:30-6:25pm	Stacy
PowerFlow 2 Yoga	2	5:30-6:25pm	Michael
GROUP CENTERGY	2	6:30-7:25pm	NaNet

Wednesday

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

LIGHT BLUE BOXES INDICATE A CHANGE

1 | Studio 1
2 | Studio 2
S | SPINNING
Time Change
New Class
$ 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
901 Oakridge Drive
970.282.1000

Group Exercise | SOUTH | March 2017

Thursday

Class		Time	Instructor
GROUP POWER ■	1	5:15-6:10am	Jerry
SPINNING® ■	S	5:45-6:40am	Tessa
PowerFlow Yoga (All Levels)	2	6:00-6:55am	Cathy
GROUP POWER ■	1	6:15-7:10am	Brandi
Forever Fit (Spinning 1st)	2	7:15-8:10am	Marcia
GROUP ACTIVE ■	1	8:15-9:10am	Denise
GROUP BLAST	1	9:15-10:10am	Molly
PowerFlow 1 Yoga	2	9:15-10:10am	Sonya
SPINNING® ■	S	9:15-10:10am	Cathy
Miramont Core	1	10:15-10:40am	Ricki
Barre Fitness	2	10:30-11:25am	Lori
SilverSneakers Classic	2	11:45-12:40pm	Julie
Zumba	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
SPINNING® ■	S	5:15-6:00am	Dustin
GROUP CENTERGY	1	6:15-7:10am	Karen/Meghan
Forever Fit (Chi Ball)	2	7:15-8:10am	Marcia
Pilates-Basic Mat	1	8:15-9:10am	Ali
GROUP POWER ■	1	9:15-10:10am	Rotate
BodyDefine Yoga	2	9:15-10:10am	Nicole
SPINNING® ■	S	9:15-10:10am	Kris L.
GROUP CENTERGY	2	10:15-11:10am	Julie
Zumba	1	10:30-11:25am	Alexandra
Chair Assisted Yoga	2	11:45-12:40pm	Julie
DeepStretch Yoga	2	1:00-1:55pm	Linda

Saturday

Class		Time	Instructor
GROUP POWER ■	1	7:15-8:10am	Karen H.
SPINNING® ■	S	8:00-8:55am	Meredith
GROUP FIGHT	1	8:15-9:10am	Lauren
Dance Tribe	2	8:15-9:10am	NaNet
GROUP POWER ■	1	9:15-10:10am	Lori A.
GROUP CENTERGY	2	9:15-10:10am	Suki/NaNet
SPINNING® ■	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
SPINNING® ■	S	8:30-9:25am	Quinha
GROUP POWER ■	1	9:00-9:55am	Jerry
OptimalAlignment 1 Yoga	2	9:15-10:10am	Haley
GROUP CENTERGY	1	10:15-11:10am	Kayla/Meghan W.
SPINNING® ■ 90 min *Last Sunday of Month	S	10:15-11:10am	Mark M.
		10:15-11:45am	Mark M.
DeepStretch Yoga	2	10:30-11:25am	Haley
GROUP POWER ■	1	5:00-5:55pm	Megan R./Julie
Studio RESERVED	2	5:00-6:00pm	

LIGHT BLUE BOXES INDICATE A CHANGE

1 | Studio 1
2 | Studio 2
S | SPINNING
Time Change
New Class
$ 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
901 Oakridge Drive
970.282.1000