

Group Fitness | CENTERRA | June 2017

Monday				
Class		Time	Instructor	
SPINNING®	■ S	5:45-6:35am	Meredith	
Studio RESERVED	1	8:00-11:00am		
Miramont Core	1	11:30-11:55am	Shauna	
OptimalAlignment 1 Yoga	2	12:00-12:55pm	Sonya	
SPINNING® (express)	■ S	12:15-1:00pm	Shauna	
BODYPUMP	■ 1	5:30-6:25pm	Kris L.	
DeepStretch Yoga	2	5:30-6:25pm	Rotate	
Tuesday				
Class		Time	Instructor	
OptimalAlignment 1 Yoga	2	7:00-7:55am	Mo	
Studio RESERVED	1	8:00-11:00am		
Miramont Core	1	11:30-11:55am	Rotate	
BODYPUMP	■ 1	12:00-12:55pm	Lisa	
PowerFlow 1 Yoga	2	12:00-12:55pm	Jenn	
SPINNING® (express)	■ S	12:15-1:00pm	Greg T.	
DeepStretch Yoga	2	5:30-6:25pm	Katie H.	
Wednesday				
Class		Time	Instructor	
SPINNING®	■ S	5:45-6:35am	Greg T./Trish	
Studio RESERVED	1	8:00-11:00am		
BODYFLOW	★ 2	12:00-12:55pm	Kris B.	
RPM Express	■ S	12:15-12:45pm	Torie	
Studio RESERVED	1	5:30-7:30pm		
SPINNING®	■ S	5:45-6:40pm	Rotate	

Thursday				
Class		Time	Instructor	
Studio RESERVED	1	8:00-11:00am		
BODYPUMP	■ 1	12:00-12:55pm	Kris B.	
BODYFLOW	2	12:00-12:55pm	Rotate	
OptimalAlignment 1 Yoga	2	5:30-6:25pm	Rotate	
Friday				
Class		Time	Instructor	
SPINNING®	■ S	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	
SPINNING® (express)	■ S	12:15-1:00pm	Greg	
Saturday				
Class		Time	Instructor	
SPINNING®	■ S	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.	
BODYPUMP	■ 1	10:15-11:10am	Rotate	

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

Announcements



**FORT COLLINS LOCATIONS
CLASS TIMES HAVE CHANGED!!!!**

Please note that your favorite class(es) may now start at a different time.



MIRAMONT
LIFESTYLE FITNESS

3755 Precision Drive,
Suite 100
970.744.5005