

Group Fitness | CENTRAL | June 2017

Monday				
Class		Time	Instructor	
BODYPUMP	■	2	5:05-6:05am	Jerry
SPINNING®	■	S	5:05-6:05am	Dana
BODYSTEP	★	2	6:15-7:15am	Kayla
Cardio Strength Fusion	🕒	2	8:05-9:05am	Jen
BodyDefine Yoga		1	9:15-10:15am	Nicole A.
BODYPUMP	■	2	9:15-10:15am	Lisa
SPINNING®	■	S	9:15-10:15am	Heather
DeepStretch Yoga		1	10:25-11:25am	Haley
BOLLY X LIT (express)	🕒	2	10:25-11:10am	Merrissa
BODYVIVE 3.1 (express)		2	11:20-12:05pm	Chelsea
SilverSneakers Cardio		1	11:35-12:35pm	Sherri
BODYFLOW		2	12:15-1:15pm	Suki
SPINNING®	■	S	12:15-1:15pm	Cecilia
BODYPUMP	■	2	4:20-5:20pm	Brandi
OptimalAlignment 2 Yoga (90 min)		1	5:00-6:30pm	Leah
SPINNING® * INTRO * (6/5 & 6/19)		S	5:00-5:25pm	Mark
BODYCOMBAT		2	5:30-6:30pm	Tara
SPINNING®	■	S	5:30-6:30pm	Mark
Hip Hop: Be Bad		2	6:40-7:40pm	Kate
PowerFlow 2 Yoga		1	6:40-7:40pm	Danny

Tuesday				
Class		Time	Instructor	
BODYCOMBAT		2	5:05-6:05am	Mark
BODYPUMP	■	2	6:15-7:15am	Lynn
SPINNING®	■	S	6:15-7:15am	Natalie
OptimalAlignment 1 Yoga		1	8:05-9:05am	Sonya
CXWORX	★	2	8:30-9:00am	Jerry
Pilates Basic/Intermediate Mat	■	1	9:15-10:15am	Rotate
BODYSTEP		2	9:15-10:15am	Tara
SPINNING®	■	S	9:15-10:15am	Jacob
DeepStretch Yoga		1	10:25-11:25am	Heather
Zumba		2	10:25-11:25am	Maria
SilverSneakers Classic		1	11:35-12:35pm	Sherri
BODYPUMP	■	2	12:15-1:15pm	Kristina
The willPower Method™	🕒	1	12:45-1:45pm	Dana
Studio RESERVED - PSD		2	4:00-4:30pm	
Barre Fitness	■	1	4:20-5:20pm	Nicole A.
OptimalAlignment 1 Yoga		1	5:30-6:30pm	Kate
BODYPUMP	■	2	5:30-6:30pm	Jerry
SPINNING®	■	S	5:30-6:30pm	Mark
Barre Fitness	■	1	6:40-7:40pm	Nicole A.
Zumba		2	6:40-7:40pm	Cecilia
PowerFlow Yoga (All Levels)		1	7:50-8:50pm	Sonya

Wednesday				
Class		Time	Instructor	
BODYPUMP	■	2	5:05-6:05am	Dola
SPINNING®	■	S	5:05-6:05am	Jerry
PowerFlow 2 Yoga		1	6:15-7:15am	Leah
BODYSTEP	★	2	6:15-7:15am	Chelsea
BODYVIVE 3.1	🕒	2	7:25-8:25am	Chelsea
Barre Fitness	■	1	9:15-10:15am	Kelli
BODYCOMBAT		2	9:15-10:15am	Tara
RPM	■	S	9:15-10:00am	Chelsea
OptimalAlignment 2 Yoga		1	10:25-11:25am	Sonya
BODYPUMP	■	2	10:25-11:25am	Bronwen
BOLLY X (express)	★	2	11:35-12:05pm	Chelsea
Chair Assisted Yoga		1	12:15-1:15pm	Stacey
BODYFLOW		2	12:15-1:15pm	Geneva
SPINNING®	■	S	12:15-1:15pm	Bronwen
Studio RESERVED - PSD		1	4:20-5:20pm	
BODYCOMBAT		2	4:20-5:20pm	Stacy
PowerFlow 2 Yoga		1	5:30-6:30pm	Shawna
Zumba		2	5:30-6:30pm	Maria
SPINNING®	■	S	5:30-6:30pm	Mark
Studio RESERVED		2	6:40-7:40pm	

LIGHT BLUE BOXES INDICATE A CHANGE

- 1 | Studio 1
- 2 | Studio 2
- 🕒 | Time Change
- ★ | New Class
- 🕒 | SPINNING
- 💰 | Fee Based Class
- | Pass required | Available 30 minutes before class begins

Announcements



CLASS TIMES HAVE CHANGED!!!!

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



MIRAMONT
LIFESTYLE FITNESS

2211 S College Ave
970.225.2233

Group Fitness | CENTRAL | June 2017

Thursday			
Class		Time	Instructor
Cardio Strength Fusion	2	5:05-6:05am	Kristin
SPINNING® ■ S	2	5:05-6:05am	Dana
BODYPUMP ■	2	6:15-7:15am	Dana
The willPower Method™	1	8:05-9:05am	Beck
CXWORX ☆	2	8:30-9:00am	Lori L.
OptimalAlignment 1 Yoga	1	9:15-10:15am	Stacey
BODYSTEP	2	9:15-10:15am	Chelsea
SPINNING® ■ S	2	9:15-10:15am	Heather
DeepStretch Yoga	1	10:25-11:25am	Stacey
BODYFLOW	2	10:25-11:25am	Suki
PowerFlow Yoga (All Levels) ⌚	1	11:35-12:35pm	Kimberly
BODYPUMP ■	2	12:15-1:15pm	Lori A.
Zumba	2	4:00-5:00pm	Megan P.
Barre Fitness ■	1	4:20-5:20pm	Nicole
Miramont Core	2	5:00-5:25pm	Dana
The willPower Method™	1	5:30-6:30pm	Dana
BODYPUMP ■	2	5:30-6:30pm	Karen B.
SPINNING® ■ S	2	5:30-6:30pm	Meredith
DeepStretch Yoga	1	6:40-7:40pm	Katie
Hip Hop: Freestyle	2	6:40-7:40pm	Kate
PowerFlow Yoga (All Levels)	1	7:50-8:50pm	Sonya
Zumba ☆	2	7:50-8:50pm	Laurie
Friday			
Class		Time	Instructor
BODYCOMBAT	2	5:05-6:05am	Mark
SPINNING® ■ S	2	5:05-6:05am	Trish
OptimalAlignment 2 Yoga	1	6:15-7:15am	Sasha
BODYPUMP ■	2	6:15-7:15am	Kayla
SPINNING® ⌚ ■ S	2	7:00-8:00am	Shauna
SilverSneakers Classic	1	8:05-9:05am	Chelsea
OptimalAlignment 2 Yoga	1	9:15-10:15am	Stacey
BODYPUMP ■	2	9:15-10:15am	Bronwen
Chair Assisted Yoga	1	10:25-11:25am	Stacey
BODYFLOW	2	10:25-11:25am	Lori A.
BODYVIVE 3.1	2	11:35-12:35pm	Chelsea
Barre Fitness ⌚ ■	1	12:45-1:45pm	Nicole A.
PowerFlow 2 Yoga	1	4:20-5:20pm	Rotate
BODYPUMP ■	2	4:20-5:20pm	Megan R.
SPINNING® ■ S	2	4:20-5:20pm	Dana
Hip Hop: Freestyle	2	5:30-6:30pm	Kate

Saturday			
Class		Time	Instructor
PowerFlow 2 Yoga	1	8:05-9:05am	Danny
BODYPUMP ■	2	8:05-9:05am	Lynn
Pilates Basic/Intermediate Mat ■	1	9:15-10:15am	Mary
BODYCOMBAT	2	9:15-10:15am	Katie
SPINNING® ■ S	2	9:15-10:15am	Dana/Quinha
Barre Fitness ■	1	10:25-11:25am	Mary/Nicole A.
Zumba	2	10:25-11:25am	Cecilia
Studio RESERVED - PSD	S	10:25-11:25am	
The willPower Method™	1	11:35-12:35pm	Kristina
OptimalAlignment 1 Yoga	1	4:00-5:00pm	Tonya
BODYPUMP ■	2	4:00-5:00pm	Megan R.
Sunday			
Class		Time	Instructor
OptimalAlignment 2 Yoga (90 min)	1	9:00-10:30am	Tonya
BODYCOMBAT	2	9:15-10:15am	Tara
SPINNING® (express) ■ S	2	9:15-10:00am	Kristin
BODYPUMP ■	2	10:25-11:25am	Kristin
BOLLY X	1	10:40-11:40am	Merrissa
BODYFLOW	2	11:35-12:35pm	Tonya
PowerFlow Yoga (All Levels)	1	5:00-6:00pm	Shawna

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