





Group Fitness | NORTH | June 2017

Monday			
Class		Time	Instructor
BODYVIVE 3.1	1	8:05-9:05am	Chelsea
BODYSTEP	1	9:15-10:15am	Chelsea
PowerFlow 2 Yoga (90 min)	2	9:15-10:45am	Kimberly
Miramont Core	1	11:45-12:10pm	Ricki
Freestyle Kickboxing	1	12:15-1:15pm	Ricki
BODYPUMP ■	1	4:20-5:20pm	Teri
CXWORX	2	5:00-5:25pm	Kristina
BODYSTEP	1	5:30-6:30pm	Kristina
SPINNING® * INTRO * (6/12 & 6/26)★	S	5:00-5:25pm	Amber
PowerFlow Yoga (All Levels)	2	5:30-6:30pm	Nicole
SPINNING® ■	S	5:30-6:30pm	Amber
Studio RESERVED	1	6:30-9:30pm	
DeepStretch Yoga	2	6:40-7:40pm	Nicole
Tuesday			
Class		Time	Instructor
BODYPUMP ■	1	5:05-6:05am	Dola
SilverSneakers Classic	1	8:05-9:05am	Sherri
BODYPUMP ■	1	9:15-10:15am	Lori A.
OptimalAlignment 2 Yoga (90 min)	2	9:15-10:45am	Beck
BODYFLOW	1	10:25-11:25am	Lori A.
Miramont Core	1	11:45-12:10pm	Jen W.
Studio RESERVED-PSD	2	4:20-5:20pm	
Freestyle Kickboxing	1	5:30-6:30pm	Chris
OptimalAlignment 1 Yoga	2	5:30-6:30pm	Nicole
Hip Hop: Be Bad	1	6:40-7:40pm	Laurie
Studio RESERVED	2	7:00-8:00pm	
Wednesday			
Class		Time	Instructor
Forever Fit	1	8:05-9:05am	Kristina/Carri
BODYSTEP	1	9:15-10:15am	Kristina
OptimalAlignment 1 Yoga	2	9:15-10:15am	Angela
PowerFlow 2 Yoga	2	12:15-1:15pm	Jenn
BODYPUMP ■	1	4:20-5:20pm	Teri
Miramont Core	2	5:00-5:25pm	Kacee
BODYSTEP	1	5:30-6:30pm	Nicole
PowerFlow Yoga (All Levels)	2	5:30-6:30pm	Kacee
Freestyle Kickboxing	1	6:40-7:40pm	Chris
DeepStretch Yoga	2	6:40-7:40pm	Kacee

Thursday			
Class		Time	Instructor
BODYPUMP ■	1	5:05-6:05am	Dola
SPINNING® ■	S	6:15-7:15am	Kris L.
Chair Assisted Yoga	1	8:05-9:05am	Pam W.
BODYPUMP ■	1	9:15-10:15am	Natalie
PowerFlow 1 Yoga	2	9:15-10:15am	Pam W.
BODYFLOW	1	10:25-11:25am	Natalie
CXWORX ☆	1	11:45-12:10pm	Kristina
SPINNING® (express) ■	S	12:15-12:45pm	Amber
OptimalAlignment 2 Yoga	2	4:20-5:20pm	Kacee
BODYCOMBAT* INTRO * ☆	1	5:00-5:25pm	Katie
BODYCOMBAT	1	5:30-6:30pm	Katie
BodyDefine Yoga	2	5:30-6:30pm	Danny/Kacee
Studio RESERVED	2	7:00-8:00pm	
Friday			
Class		Time	Instructor
BODYVIVE 3.1	1	8:05-9:05am	Kristina
Freestyle Kickboxing	1	9:15-10:15am	Ricki
PowerFlow 2 Yoga	2	9:15-10:15am	Pam
SPINNING® ■	S	9:15-10:15am	Alana
OptimalAlignment 1 Yoga	2	10:25-11:25am	Pam
BODYPUMP ■	1	11:35-12:35pm	Kristina
SilverSneakers Classic (express) ☆	1	12:45-1:30pm	Lori L.
Saturday			
Class		Time	Instructor
BODYPUMP ■	1	9:15-10:15am	Karen B.
PowerFlow 2 Yoga (75 min)	2	9:15-10:30am	Kimberly
SPINNING® ■	S	9:15-10:15am	Jerry
90 min *2nd Saturday of Month	S	9:15-10:45am	Jerry
Sunday			
Class		Time	Instructor
BODYPUMP ■	1	8:05-9:05am	Kayla
BODYSTEP	1	9:15-10:15am	Nicole
PowerFlow Yoga (All Levels)	2	9:15-10:15am	Rotate
DeepStretch Yoga	2	10:25-11:25am	Leah
PowerFlow 2 Yoga	2	5:00-6:00pm	Laura

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



CLASS TIMES HAVE CHANGED!!!!

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



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LIFESTYLE FITNESS

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