

Group Fitness | CENTERRA | August 2017

Monday				
Class		Time	Instructor	
SPINNING®	■ S	5:45-6:35am	Meredith	
BOOM MOVE IT	★ 2	10:30-11:00am	Carri	
BOOM MUSCLE	★ 2	11:00-11:30am	Carri	
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	4:45-5:40pm	Katie H.	
Tuesday				
Class		Time	Instructor	
OptimalAlignment 1 Yoga	2	7:00-7:55am	Mo	
CXWORX	1	11:30-11:55am	Lisa	
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.	
Studio RESERVED	2	1:00-2:00pm		
DeepStretch Yoga	2	5:30-6:25pm	Katie H.	
Wednesday				
Class		Time	Instructor	
SPINNING®	■ S	5:45-6:35am	Greg T.	
BODYFLOW	2	12:00-12:55pm	Kris B.	
Studio RESERVED	1	5:30-7:30pm		

Thursday				
Class		Time	Instructor	
BOOM MOVE IT	★ 2	10:30-11:00am	Carri	
BOOM MUSCLE	★ 2	11:00-11:30am	Carri	
BODYPUMP	■ 1	12:00-12:55pm	Kris B.	
BODYFLOW	2	12:00-12:55pm	NaNet	
OptimalAlignment 1 Yoga	2	5:30-6:25pm	Rotate	
Friday				
Class		Time	Instructor	
SPINNING®	■ S	5:45-6:35am	Jerry	
Studio RESERVED	1	9:00-10:00am		
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	Rotate	
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	
DeepStretch Yoga	2	9:15-10:10am	Katie H.	
The willPower Method™	1	10:15-11:10am	Amanda Lee	
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

All clubs will close at 6 pm on Saturday, August 5th for a Team Member BBQ.

Join us for the Spin-a-Thon & Fit 'n Fest on Saturday, August 19th (8-12 pm) at our South location!