

# Group Fitness | CENTRAL | August 2017

Monday				
Class		Time	Instructor	
<b>BODYPUMP</b>	■ 2	5:05-6:05am	Jerry	
<b>SPINNING®</b>	■ S	5:05-6:05am	Dana	
<b>BODYSTEP</b>	2	6:15-7:15am	Kayla	
Cardio Strength Fusion	2	8:05-9:05am	Jen	
BodyDefine Yoga	1	9:15-10:15am	Jolee	
<b>BODYPUMP</b>	■ 2	9:15-10:15am	Lisa	
<b>SPINNING®</b>	■ S	9:15-10:15am	Heather	
DeepStretch Yoga	1	10:25-11:25am	Haley	
<b>BOLLY X LIT</b>	2	10:25-11:10am	Merrissa	
<b>BODYVIVE 3.1</b> (Express)	2	11:20-12:05pm	Chelsea	
SilverSneakers Cardio	1	11:35-12:35pm	Sherri	
<b>BODYFLOW</b>	2	12:15-1:15pm	Suki	
<b>SPINNING®</b>	■ S	12:15-1:15pm	Cecilia	
<b>BODYPUMP</b>	■ 2	4:20-5:20pm	Brandi	
OptimalAlignment 2 Yoga (90 min)	1	5:00-6:30pm	Leah	
<b>BODYCOMBAT</b>	2	5:30-6:30pm	Katie	
<b>SPINNING® * INTRO *</b> (8/7 & 8/21)	★ S	5:00-5:25pm	Mark	
<b>SPINNING®</b>	■ S	5:30-6:30pm	Mark	
Miramont Hip Hop	2	6:40-7:40pm	Kate	
PowerFlow 2 Yoga	1	6:40-7:40pm	Danny	
Tuesday				
Class		Time	Instructor	
<b>BODYCOMBAT</b>	2	5:05-6:05am	Mark	
<b>BODYPUMP</b>	■ 2	6:15-7:15am	Lynn	
<b>SPINNING®</b>	■ S	6:15-7:15am	Natalie	
OptimalAlignment 1 Yoga	1	8:05-9:05am	Sonya	
<b>CXWORX</b>	2	8:30-9:00am	Jerry	
Pilates Basic/Intermediate Mat	■ 1	9:15-10:15am	Beck	
<b>BODYSTEP</b>	2	9:15-10:15am	Tara	
<b>SPINNING®</b>	■ S	9:15-10:15am	Jacob	
DeepStretch Yoga	1	10:25-11:25am	Heather	
<b>Zumba</b>	2	10:25-11:25am	Maria	
SilverSneakers Classic	1	11:35-12:35pm	Sherri	
<b>BODYPUMP</b>	■ 2	12:15-1:15pm	Kristina	
The willPower Method™	1	12:45-1:45pm	Dana	
Studio RESERVED - PSD	2	4:00-4:30pm		
Barre <b>Fitness</b>	■ 1	4:20-5:20pm	Nicole A.	
OptimalAlignment 1 Yoga	1	5:30-6:30pm	Kate	
<b>BODYPUMP</b>	■ 2	5:30-6:30pm	Jerry	
<b>SPINNING®</b>	■ S	5:30-6:30pm	Mark	
Barre <b>Fitness</b>	■ 1	6:40-7:40pm	Nicole A.	
<b>Zumba</b>	2	6:40-7:40pm	Cecilia	
PowerFlow Yoga (All Levels)	1	7:50-8:50pm	Sonya	

Wednesday				
Class		Time	Instructor	
<b>BODYPUMP</b>	■ 2	5:05-6:05am	Dola	
<b>SPINNING®</b>	■ S	5:05-6:05am	Jerry	
PowerFlow 2 Yoga	1	6:15-7:15am	Leah	
<b>BODYSTEP</b>	2	6:15-7:15am	Chelsea	
<b>SPINNING®</b>	★ ■ S	6:15-7:15am	Amber	
OptimalAlignment 1 Yoga	★ 1	7:25-8:25am	Suzanne	
<b>BODYVIVE 3.1</b>	2	7:25-8:25am	Chelsea	
Barre <b>Fitness</b>	■ 1	9:15-10:15am	Kelli	
<b>BODYCOMBAT</b>	2	9:15-10:15am	Bronwen	
<b>RPM</b>	■ S	9:15-10:00am	Chelsea	
OptimalAlignment 2 Yoga	1	10:25-11:25am	Sonya	
<b>BODYPUMP</b>	■ 2	10:25-11:25am	Bronwen	
Chair Assisted Yoga	1	12:15-1:15pm	Suki	
<b>BODYFLOW</b>	2	12:15-1:15pm	Geneva	
<b>SPINNING®</b>	■ S	12:15-1:15pm	Bronwen	
Studio RESERVED - PSD	1	4:20-5:20pm		
<b>BODYCOMBAT</b>	2	4:20-5:20pm	Stacy	
PowerFlow 2 Yoga	1	5:30-6:30pm	Shawna	
<b>Zumba</b>	2	5:30-6:30pm	Maria	
<b>SPINNING®</b>	■ S	5:30-6:30pm	Mark	
Studio RESERVED - SGT	2	6:40-7:40pm		

## LIGHT BLUE BOXES INDICATE A CHANGE

- 1 | Studio 1
- 2 | Studio 2
- 🕒 Time Change
- ★ 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 (6-12 pm) at our South location!



MIRAMONT  
LIFESTYLE FITNESS

2211 S College Ave  
970.225.2233

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

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

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