

Group Fitness | NORTH | August 2017



MIRAMONT
LIFESTYLE FITNESS

1800 Heath Parkway
970.221.5000

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
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
SPINNING®	S	6:15-7:15am	Amber
SilverSneakers Classic	1	8:05-9:05am	Sherri
BODYPUMP	1	9:15-10:15am	Lori A.
OptimalAlignment 2 Yoga	2	9:15-10:15am	Rotate
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 * INTRO * (8/15 & 8/29)	1	5:00-5:25pm	Chris
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/Julie S.
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

LIGHT BLUE BOXES INDICATE A CHANGE

- 1 | Studio 1 ⌚ Time Change
- 2 | Studio 2 ★ New Class
- SPINNING® \$ Fee Based Class
- Pass required | Available 30 minutes before class begins

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	Suki
BODYPUMP	1	9:15-10:15am	Natalie
PowerFlow 1 Yoga	2	9:15-10:15am	Jolee
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	1	5:30-6:30pm	Megan S.
BodyDefine Yoga	2	5:30-6:30pm	Jolee
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	Jolee
SPINNING®	S	9:15-10:15am	Megan T.
OptimalAlignment 1 Yoga	2	10:25-11:25am	Jolee
BODYPUMP	1	11:35-12:35pm	Kristina

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
BODYSTEP * INTRO * (8/6 & 8/20)	1	10:20-11:20am	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

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!