

Group Fitness | SOUTH | August 2017



MIRAMONT
LIFESTYLE FITNESS

901 Oakridge Drive
970.282.1000

Monday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:05-6:05am	Natalie
SPINNING®	■ S	5:05-6:05am	Jacob
PowerFlow 2 Yoga	2	6:15-7:15am	Sasha
SPINNING® (Express)	■ S	6:15-7:00am	Amber
Pilates – Intermediate	1	8:05-9:05am	Julie C.
BODYPUMP	■ 1	9:15-10:15am	Lynn
Pilates – Basic Mat	2	9:15-10:15am	Julie C.
SPINNING®	■ S	9:15-10:15am	Natalie
BODYFLOW	2	10:25-11:25am	Trish
Studio RESERVED – YOUTH	1	10:30-4:00pm	
SilverSneakers Circuit	2	11:35-12:35pm	Marcia
Barre <i>Fitness</i>	2	12:45-1:45pm	Carri
Studio RESERVED – YOUTH	2	1:30-4:00pm	
BODYPUMP	■ 1	4:20-5:20pm	Julie S.
Zumba	1	5:30-6:30pm	Megan P.
BODYFLOW	2	5:30-6:30pm	Geneva
SPINNING®	■ S	5:30-6:30pm	Greg T.
Studio RESERVED (starts 8/28)	1	6:45-9:45pm	
OptimalAlignment 1 Yoga	2	6:40-7:40pm	Julie C.
Tuesday			
Class		Time	Instructor
BODYPUMP	■ 1	5:05-6:05am	Karen H.
SPINNING®	■ S	5:45-6:45am	Meredith
BODYPUMP	■ 1	6:15-7:15am	Dana
Forever Fit (Spinning 1st)	2	7:25-8:25am	Jenny
BODYVIVE 3.1	1	8:05-9:05am	Chelsea
Step Challenge (Express)	1	9:15-10:00am	Anja
OptimalAlignment 1 Yoga	2	9:15-10:15am	Michael
RPM	■ S	9:15-10:00am	Chelsea
Miramont Core	1	10:20-10:45am	Ricki
Dance Tribe	2	10:25-11:25am	Geneva
SilverSneakers Classic	2	11:35-12:35pm	Julie C.
BODYPUMP	■ 1	12:15-1:15pm	Natalie
Chair Assisted Yoga	2	12:45-1:45pm	Julie
Studio RESERVED – YOUTH	1	1:30-4:00pm	
Barre <i>Fitness</i>	2	1:55-2:55pm	Nicole
Studio RESERVED – YOUTH	2	3:00-4:00pm	
BODYCOMBAT	1	5:30-6:30pm	Stacy
PowerFlow 2 Yoga	2	5:30-6:30pm	Michael
BODYFLOW	2	6:40-7:40pm	Jill

Wednesday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:05-6:05am	Kristin T.
SPINNING®	■ S	5:05-6:05am	Maria D.
SPINNING®	■ S	6:15-7:15am	Kris L.
BOLLY X LIT (Express)	1	8:05-8:50am	Merrissa
Pilates – Intermediate	2	8:05-9:05am	Julie C.
BODYPUMP	■ 1	9:15-10:15am	Molly
BodyDefine Yoga	2	9:15-10:15am	Nicole
SPINNING®	■ S	9:15-10:15am	Shauna
BODYFLOW	2	10:25-11:25am	Trish R.
Studio RESERVED – YOUTH	1	10:30-4:00pm	
SilverSneakers Circuit	2	11:35-12:35pm	Marcia
Barre <i>Fitness</i>	2	12:45-1:45pm	Lori
Studio RESERVED – YOUTH	2	1:30-4:00pm	
BODYPUMP	■ 1	4:20-5:20pm	Meghan W.
The willPower Method™	1	5:30-6:30pm	Amanda Lee
BODYFLOW	2	5:30-6:30pm	Julie C.
SPINNING®	■ S	5:30-6:30pm	Quinha
BODYCOMBAT	1	6:40-7:40pm	Jerry
PowerFlow 1 Yoga	2	6:40-7:40pm	Siobhan

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

Announcements

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

All South activities & classes 6-12 pm will be cancelled on Saturday, August 19th for the Spin-a-Thon & Fit 'n Fun Fest! Come join!

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Thursday				
Class		Time	Instructor	
BODYPUMP	■	1 5:05-6:05am	Jerry	
SPINNING®	■	S 5:45-6:45am	Tessa	
BODYPUMP	■	1 6:15-7:15am	Brandi	
PowerFlow Yoga (All Levels)		2 6:15-7:15am	Cathy	
Forever Fit (Spinning 1st)		2 7:25-8:25am	Marcia	
BODYVIVE 3.1		1 8:05-9:05am	Stacy	
BODYSTEP		1 9:15-10:15am	Jen	
PowerFlow Yoga (All Levels)		2 9:15-10:15am	Sonya	
SPINNING®	■	S 9:15-10:15am	Cathy	
Miramont Core		1 10:20-10:45am	Ricki	
Barre <i>Fitness</i>		2 10:25-11:25am	Lori	
Studio RESERVED – YOUTH		1 11:00-4:00pm		
SilverSneakers Classic		2 11:35-12:35pm	Julie C.	
Studio RESERVED – YOUTH		2 1:00-4:00pm		
Zumba		1 5:30-6:30pm	Cecilia	
OptimalAlignment 1 Yoga (75 min)		2 6:15-7:30pm	Beck	
Studio RESERVED (starts 8/28)		1 6:45-9:45pm		
Friday				
Class		Time	Instructor	
Cardio Strength Fusion		1 5:05-6:05am	Kristin	
SPINNING®	■	S 5:05-6:05am	Dustin	
BODYFLOW		1 6:15-7:15am	Karen H./Meghan	
SPINNING® (Express)	■	S 6:15-7:00am	Brandi	
Forever Fit (Chi Ball)		2 7:25-8:25am	Marcia	
Pilates – Basic Mat		1 8:05-9:05am	Julie C.	
BODYPUMP	■	1 9:15-10:15am	Lisa	
BodyDefine Yoga		2 9:15-10:15am	Nicole	
SPINNING®	■	S 9:15-10:15am	Kris L.	
Zumba		1 10:25-11:25am	Alexandra	
BODYFLOW		2 10:25-11:25am	Julie C.	
Studio RESERVED – YOUTH		1 11:30-4:00pm		
Chair Assisted Yoga		2 11:35-12:35pm	Julie C.	
DeepStretch Yoga		2 12:45-1:45pm	Katie	
Studio RESERVED – YOUTH		2 2:00-4:00pm		

Saturday				
Class		Time	Instructor	
BODYPUMP	■	1 7:00-8:00am	Karen H./Meghan	
BODYCOMBAT		1 8:05-9:05am	Lauren	
Dance Tribe		2 8:05-9:05am	NaNet	
SPINNING®	■	S 8:05-9:05am	Meredith	
BODYPUMP	■	1 9:15-10:15am	Lori A.	
BODYFLOW		2 9:15-10:15am	Suki	
SPINNING®	■	S 9:45-10:45am	Tessa	
PowerFlow Yoga (All Levels)		2 10:25-11:25am	Kacee	
DeepStretch Yoga		2 11:35-12:35pm	Kacee	
Sunday				
Class		Time	Instructor	
SPINNING®	■	S 8:05-9:05am	Quinha	
BODYPUMP	■	1 9:15-10:15am	Jerry	
OptimalAlignment 1 Yoga		2 9:15-10:15am	Haley	
BODYFLOW		1 10:25-11:25am	Jill/Megan R.	
DeepStretch Yoga		2 10:25-11:25am	Haley	
SPINNING®	■	S 10:25-11:25am	Mark M.	
90 min *Last Sunday of Month		S 10:25-11:55am	Mark M.	
BODYPUMP	■	1 5:00-6:00pm	Megan R./Julie S.	
Studio RESERVED		2 5:00-6:00pm		

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