

Group Fitness | CENTRAL | May 2017

Monday				
Class		Time	Instructor	
BODYPUMP	■ 2	5:15-6:10am	Jerry	
SPINNING®	■ S	5:15-6:10am	Dana	
BodyDefine Yoga	1	9:15-10:10am	Jolee	
BODYPUMP	■ 2	9:15-10:10am	Rotate	
SPINNING®	■ S	9:15-10:10am	Heather	
DeepStretch Yoga	1	10:15-11:10am	Haley	
Cardio Strength Fusion	2	10:15-11:10am	Jen	
SilverSneakers Cardio	1	11:15-12:10pm	Sherri	
BODYVIVE 3.1	2	11:15-12:10pm	Chelsea	
BODYFLOW	2	12:15-1:10pm	Suki	
SPINNING®	■ S	12:15-1:10pm	Cecilia	
BOLLY X LIT	1	12:30-1:15pm	Merrissa	
BODYPUMP	■ 2	4:30-5:25pm	Brandi	
OptimalAlignment 2 Yoga (90 min)	1	5:00-6:30pm	Leah	
BODYCOMBAT	2	5:30-6:25pm	Tara	
SPINNING® * INTRO * (5/1 & 5/15)	S	5:00-5:25pm	Mark	
SPINNING®	■ S	5:30-6:25pm	Mark	
Hip Hop: Be Bad	2	6:30-7:25pm	Kennan	
PowerFlow 2 Yoga	1	6:45-7:40pm	Danny	

Tuesday				
Class		Time	Instructor	
BODYCOMBAT	2	5:15-6:15am	Mark	
BODYPUMP	■ 2	6:15-7:10am	Lynn	
SPINNING®	■ S	6:15-7:10am	Natalie	
OptimalAlignment 1 Yoga	1	8:00-8:55am	Sonya	
Pilates Basic/Intermediate Mat	■ 1	9:15-10:10am	Rotate	
BODYSTEP	2	9:15-10:10am	Tara	
SPINNING®	■ S	9:15-10:10am	Jacob	
DeepStretch Yoga	1	10:15-11:10am	Heather	
Miramont Core	2	10:15-10:40am	Tara	
Zumba	2	10:45-11:40am	Maria	
SilverSneakers Classic	1	11:15-12:10pm	Sherri	
CXWORX	2	11:45-12:10pm	Kristina	
The willPower Method™	1	12:15-1:10pm	Dana	
BODYPUMP	■ 2	12:15-1:10pm	Kristina	
Studio RESERVED - PSD	2	4:00-4:30pm		
Barre Fitness	■ 1	4:30-5:25pm	Nicole	
OptimalAlignment 1 Yoga	1	5:30-6:25pm	Kate	
BODYPUMP	■ 2	5:30-6:25pm	Jerry	
SPINNING®	■ S	5:30-6:25pm	Mark	
Barre Fitness	■ 1	6:30-7:25pm	Nicole	
Zumba	2	6:30-7:25pm	Cecilia	
PowerFlow Yoga (All Levels)	1	7:30-8:25pm	Sonya	

Wednesday				
Class		Time	Instructor	
BODYPUMP	■ 2	5:15-6:10am	Dola	
SPINNING®	■ S	5:15-6:10am	Jerry	
PowerFlow 2 Yoga	1	6:15-7:10am	Leah	
BODYVIVE 3.1	1	7:30-8:25am	Chelsea	
Barre Fitness	■ 1	9:15-10:10am	Kelli	
BODYCOMBAT	2	9:15-10:10am	Tara	
RPM	🕒★ ■ S	9:15-10:00am	Chelsea	
OptimalAlignment 2 Yoga	1	10:15-11:10am	Sonya	
BODYPUMP	■ 2	10:15-11:10am	Bronwen	
BOLLY X	2	11:15-12:10pm	Chelsea	
Chair Assisted Yoga	1	12:15-1:10pm	Stacey	
BODYFLOW	2	12:15-1:10pm	Geneva	
SPINNING®	■ S	12:15-1:10pm	Bronwen	
Studio RESERVED - PSD	1	4:30-5:25pm		
BODYCOMBAT	2	4:30-5:25pm	Stacy	
PowerFlow 2 Yoga	1	5:30-6:25pm	Shawna	
Zumba	2	5:30-6:25pm	Maria	
SPINNING®	■ S	5:30-6:25pm	Mark	
Studio RESERVED	2	6:30-7:25pm		

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



MIRAMONT
LIFESTYLE FITNESS

2211 S College Ave
970.225.2233

Group Fitness | CENTRAL | May 2017

Thursday			
Class		Time	Instructor
Cardio Strength Fusion	2	5:15-6:10am	Kristin
SPINNING® ■ S	5	5:15-6:10am	Dana
BODYPUMP ■	2	6:15-7:10am	Dana
The willPower Method™	1	8:00-8:55am	Beck
OptimalAlignment 1 Yoga	1	9:15-10:10am	Stacey
BODYSTEP	2	9:15-10:10am	Chelsea
SPINNING® ■ S	5	9:15-10:10am	Heather
DeepStretch Yoga	1	10:15-11:10am	Stacey
BODYFLOW	2	10:15-11:10am	Suki
BOLLY X	1	11:15-12:10pm	Chelsea
CXWORX	2	11:45-12:10pm	Lori L.
PowerFlow Yoga (All Levels)	1	12:15-1:10pm	Kimberly
BODYPUMP ■	2	12:15-1:10pm	Lori A.
Zumba	2	4:00-4:55pm	Megan P.
Barre Fitness ■	1	4:30-5:25pm	Nicole
Miramont Core	2	5:00-5:25pm	Dana
The willPower Method™	1	5:30-6:25pm	Dana
BODYPUMP ■	2	5:30-6:25pm	Karen B.
SPINNING® ■ S	5	5:30-6:25pm	Meredith
DeepStretch Yoga	1	6:30-7:25pm	Katie
Hip Hop: Freestyle	2	6:30-7:25pm	Kate
PowerFlow Yoga (All Levels)	1	7:30-8:25pm	Sonya
Friday			
Class		Time	Instructor
BODYCOMBAT	2	5:15-6:10am	Mark
SPINNING® ■ S	5	5:15-6:10am	Trish
OptimalAlignment 2 Yoga	1	6:15-7:10am	Sasha
BODYPUMP ■	2	6:15-7:10am	Kayla
SPINNING® ■ S	5	7:15-8:10am	Shauna
SilverSneakers Classic	1	8:15-9:10am	Chelsea
OptimalAlignment 2 Yoga	1	9:15-10:10am	Stacey
BODYPUMP ■	2	9:15-10:10am	Bronwen
Chair Assisted Yoga	1	10:15-11:10am	Stacey
BODYFLOW	2	10:15-11:10am	Lori A.
BODYVIVE 3.1	2	11:15-12:10pm	Chelsea
Barre Fitness ■	1	12:30-1:25pm	Nicole
PowerFlow 2 Yoga	1	4:30-5:25pm	Rotate
BODYPUMP ■	2	4:30-5:25pm	Leah
SPINNING® ■ S	5	4:30-5:25pm	Dana
Hip Hop: Freestyle	2	5:30-6:25pm	Kate

Saturday			
Class		Time	Instructor
PowerFlow 2 Yoga	1	8:00-8:55am	Danny
BODYPUMP ■	2	8:15-9:10am	Lynn
Pilates Basic/Intermediate Mat ■	1	9:15-10:10am	Mary
BODYCOMBAT	2	9:15-10:10am	Katie
SPINNING® ■ S	5	9:15-10:10am	Dana/Quinha
Barre Fitness ■	1	10:15-11:10am	Mary/Nicole
Zumba	2	10:15-11:10am	Cecilia
Studio RESERVED - PSD	S	10:30-11:25am	
The willPower Method™	1	11:30-12:25pm	Kristina
OptimalAlignment 1 Yoga	1	4:00-4:55pm	Tonya
BODYPUMP ■	2	4:30-5:25pm	Megan R.
Sunday			
Class		Time	Instructor
OptimalAlignment 2 Yoga (90 min)	1	9:00-10:30am	Tonya
BODYCOMBAT	2	9:15-10:10am	Tara
SPINNING® ■ S	5	9:15-10:00am	Kristin
BODYPUMP ■	2	10:15-11:10am	Kristin
BOLLY X	1	10:45-11:40am	Merrissa
BODYFLOW	2	11:15-12:10pm	Tonya
PowerFlow Yoga (All Levels)	1	5:00-5:55pm	Shawna

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 S | SPINNING  Fee Based Class

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Announcements

Alternate Holiday Schedule | May 29
My Miramont app | Real time schedules

Join in May and receive half off prorated dues!
12 month contracts receive waived enrollment!



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