

Group Exercise | SOUTH | April 2017

| Monday | | | |
|---|-------|---------------|------------|
| Class | | Time | Instructor |
| Cardio Strength Fusion | 1 | 5:15-6:10am | Natalie |
| SPINNING® | ■ S | 5:15-6:10am | Jacob |
| PowerFlow 2 Yoga | 2 | 6:15-7:10am | Sasha |
| SPINNING® | ■ S | 6:15-7:10am | Alana |
| Pilates-Intermediate | 1 | 8:15-9:10am | Julie |
| BODYPUMP | ■ 1 | 9:15-10:10am | Lynn |
| Pilates-Basic Mat | 2 | 9:15-10:10am | Julie |
| SPINNING® | ■ S | 9:15-10:10am | Natalie |
| BODYFLOW | 2 | 10:15-11:10am | Trish |
| SPINNING® INTRO CLASS * (4/3 & 4/17) | S | 10:30-11:25am | Nikki |
| SilverSneakers Circuit | 2 | 11:30-12:25pm | Marcia |
| Barre Fitness | 2 | 12:30-1:25pm | Carri |
| BODYPUMP | ■ 1 | 4:30-5:25pm | Julie S. |
| BodyDefine Yoga | 2 | 4:15-5:10pm | Katelyn |
| Zumba | 1 | 5:30-6:25pm | Megan P. |
| BODYFLOW | 2 | 5:30-6:25pm | Geneva |
| SPINNING® | ■ S | 5:30-6:25pm | Greg T. |
| OptimalAlignment 1 Yoga | 2 | 6:30-7:25pm | Julie |
| Tuesday | | | |
| Class | | Time | Instructor |
| BODYPUMP | ■ 1 | 5:15-6:10am | Karen H. |
| SPINNING® | ■ S | 5:45-6:40am | Meredith |
| BODYPUMP | ■ 1 | 6:15-7:10am | Dana |
| Forever Fit (Spinning 1st) | 2 | 7:15-8:10am | Jenny |
| BODYVIVE 3.1 | ■ 1 | 8:15-9:10am | Chelsea |
| Step Challenge | 1 | 9:15-10:00am | Anja |
| OptimalAlignment 1 Yoga | 2 | 9:15-10:10am | Michael |
| RPM | 🕒 ■ S | 9:15-10:00am | Chelsea |
| Miramont Core | 1 | 10:15-10:40am | Ricki |
| Dance Tribe | 2 | 10:15-11:10am | Geneva |
| SilverSneakers Classic | 2 | 11:45-12:40pm | Julie |
| BODYPUMP | ■ 1 | 12:15-1:10pm | Natalie |
| Chair Assisted Yoga | 2 | 12:45-1:40pm | Julie |
| Barre Fitness | 2 | 2:00-2:55pm | Nicole |
| Miramont Core | 1 | 5:00-5:25pm | Cathy G. |
| BODYCOMBAT | 1 | 5:30-6:25pm | Stacy |
| PowerFlow 2 Yoga | 2 | 5:30-6:25pm | Michael |
| BODYFLOW | 2 | 6:30-7:25pm | NaNet |

| Wednesday | | | |
|------------------------|-----|---------------|------------|
| Class | | Time | Instructor |
| Cardio Strength Fusion | 1 | 5:15-6:10am | Kristin T. |
| SPINNING® | ■ S | 5:15-6:10am | Maria D. |
| Miramont Core | 1 | 6:15-6:35am | Quinha |
| SPINNING® | ■ S | 6:15-7:10am | Kris L. |
| Pilates-Intermediate | 2 | 8:15-9:10am | Julie |
| BODYPUMP | ■ 1 | 9:15-10:10am | Jen W. |
| BodyDefine Yoga | 2 | 9:15-10:10am | Nicole |
| SPINNING® | ■ S | 9:15-10:10am | Shauna |
| BODYFLOW | 2 | 10:15-11:10am | Trish R. |
| SilverSneakers Circuit | 2 | 11:30-12:25pm | Marcia |
| Barre Fitness | 2 | 12:30-1:25pm | Lori |
| BODYPUMP | ■ 1 | 4:30-5:25pm | Meghan W. |
| The willPower Method™ | 1 | 5:30-6:25pm | Amanda Lee |
| BODYFLOW | 2 | 5:30-6:25pm | Julie C. |
| SPINNING® | ■ S | 5:30-6:25pm | Quinha |
| BODYCOMBAT | ★ 1 | 6:30-7:25pm | Jerry |
| PowerFlow 1 Yoga | 2 | 6:45-7:40pm | Siobhan |

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

Alternate Holiday Schedule | April 1 & April 16
My Miramont app & website | Real time schedules

Join in April and receive a complimentary 60 day Climbing Wall add-on!

LES MILLS IS FINALLY HERE!

Try one of our brand new classes!



MIRAMONT
LIFESTYLE FITNESS

901 Oakridge Drive
970.282.1000

Group Exercise | SOUTH | April 2017

| Thursday | | | | |
|----------------------------------|---|------|---------------|--------------|
| Class | | Time | Instructor | |
| BODYPUMP | ■ | 1 | 5:15-6:10am | Jerry |
| SPINNING® | ■ | S | 5:45-6:40am | Tessa |
| PowerFlow Yoga (All Levels) | | 2 | 6:00-6:55am | Cathy |
| BODYPUMP | ■ | 1 | 6:15-7:10am | Brandi |
| Forever Fit (Spinning 1st) | | 2 | 7:15-8:10am | Marcia |
| BODYVIVE 3.1 | ■ | 1 | 8:15-9:10am | Stacy |
| BODYSTEP | | 1 | 9:15-10:10am | Jen |
| PowerFlow 1 Yoga | | 2 | 9:15-10:10am | Sonya |
| SPINNING® | ■ | S | 9:15-10:10am | Cathy |
| Miramont Core | | 1 | 10:15-10:40am | Ricki |
| Barre <i>Fitness</i> | | 2 | 10:30-11:25am | Lori |
| SilverSneakers Classic | | 2 | 11:45-12:40pm | Julie |
| Zumba | | 1 | 5:30-6:25pm | Cecilia |
| OptimalAlignment 1 Yoga (75 min) | | 2 | 6:15-7:30pm | Beck |
| Studio RESERVED | | 1 | 6:45-9:45pm | |
| Friday | | | | |
| Class | | Time | Instructor | |
| Cardio Strength Fusion | | 1 | 5:15-6:00am | Kristin |
| SPINNING® | ■ | S | 5:15-6:00am | Dustin |
| BODYFLOW | | 1 | 6:15-7:10am | Karen/Meghan |
| Forever Fit (Chi Ball) | | 2 | 7:15-8:10am | Marcia |
| Pilates-Basic Mat | | 1 | 8:15-9:10am | Ali |
| BODYPUMP | ■ | 1 | 9:15-10:10am | Megan R. |
| BodyDefine Yoga | | 2 | 9:15-10:10am | Nicole |
| SPINNING® | ■ | S | 9:15-10:10am | Kris L. |
| BODYFLOW | | 2 | 10:15-11:10am | Julie |
| Zumba | | 1 | 10:30-11:25am | Alexandra |
| Chair Assisted Yoga | | 2 | 11:45-12:40pm | Julie |
| DeepStretch Yoga | | 2 | 1:00-1:55pm | Linda |

| Saturday | | | | |
|------------------------------|---|------|---------------|------------------|
| Class | | Time | Instructor | |
| BODYPUMP | ■ | 1 | 7:15-8:10am | Karen H. |
| SPINNING® | ■ | S | 8:00-8:55am | Meredith |
| BODYCOMBAT | | 1 | 8:15-9:10am | Lauren |
| Dance Tribe | | 2 | 8:15-9:10am | NaNet |
| BODYPUMP | ■ | 1 | 9:15-10:10am | Lori A. |
| BODYFLOW | | 2 | 9:15-10:10am | Suki |
| SPINNING® | ■ | S | 9:45-10:40am | Tessa |
| PowerFlow Yoga (All Levels) | | 2 | 10:15-11:10am | Kacee |
| DeepStretch Yoga | | 2 | 11:30-12:25pm | Kacee |
| Sunday | | | | |
| Class | | Time | Instructor | |
| SPINNING® | ■ | S | 8:30-9:25am | Quinha |
| BODYPUMP | ■ | 1 | 9:00-9:55am | Jerry |
| OptimalAlignment 1 Yoga | | 2 | 9:15-10:10am | Haley |
| BODYFLOW | | 1 | 10:15-11:10am | Lori A/Meghan W. |
| SPINNING® | ■ | S | 10:15-11:10am | Mark M. |
| 90 min *Last Sunday of Month | | S | 10:15-11:45am | Mark M. |
| DeepStretch Yoga | | 2 | 10:30-11:25am | Haley |
| BODYPUMP | ■ | 1 | 5:00-5:55pm | Megan R./Julie |
| Studio RESERVED | | 2 | 5:00-6:00pm | |

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

Alternate Holiday Schedule | April 1 & April 16
My Miramont app & website | Real time schedules

Join in April and receive a complimentary 60 day Climbing Wall add-on!

LES MILLS IS FINALLY HERE!
Try one of our brand new classes!



MIRAMONT
LIFESTYLE FITNESS

901 Oakridge Drive
970.282.1000