

# Group Exercise | SOUTH | January 2017

Monday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:15-6:10am	Natalie
<b>SPINNING®</b>	■ S	5:15-6:00am	Jacob
PowerFlow 2 Yoga	2	6:15-7:10am	Sasha
<b>SPINNING®</b>	■ S	6:15-7:10am	Jenny
Pilates-Intermediate	1	8:15-9:10am	Julie
Tai Chi	2	8:15-9:10am	Denise
<b>GROUP POWER</b>	■ 1	9:15-10:10am	Lynn
Pilates-Basic Mat	2	9:15-10:10am	Julie
<b>SPINNING®</b>	■ S	9:15-10:10am	Natalie
<b>GROUP POWER</b>	■ 1	10:15-11:10am	Jobi
<b>GROUP CENTERGY</b>	2	10:15-11:10am	Trish
<b>SPINNING® * INTRO CLASS * (1/9 &amp; 1/23)</b>	S	10:30-11:25am	Nikki
SilverSneakers Circuit	2	11:30-12:25pm	Marcia
Barre Fitness	■ 2	12:30-1:25pm	Kelli L.
<b>GROUP POWER</b>	■ 1	4:30-5:25pm	Julie S.
BodyDefine Yoga	2	4:15-5:10pm	Katelyn
<b>GROUP FIGHT</b>	1	5:30-6:25pm	Lee
<b>GROUP CENTERGY</b>	2	5:30-6:25pm	Geneva
<b>SPINNING®</b>	■ S	5:30-6:25pm	Greg T.
<b>Zumba</b>	1	6:30-7:25pm	Megan P.
OptimalAlignment 1 Yoga	2	6:30-7:25pm	Julie
Tuesday			
Class		Time	Instructor
<b>GROUP POWER</b>	■ 1	5:15-6:10am	Karen H.
<b>SPINNING®</b>	■ S	5:45-6:40am	Debby
<b>GROUP POWER</b>	■ 1	6:15-7:10am	Dana
Forever Fit (Spinning 1st)	2	7:15-8:10am	Jenny
<b>GROUP ACTIVE</b>	■ 1	8:15-9:10am	Denise
Step Challenge	1	9:15-10:00am	Anja
OptimalAlignment 1 Yoga	2	9:15-10:10am	Heather
<b>SPINNING®</b>	■ S	9:15-10:10am	Megan T.
Miramont Core	1	10:15-10:40am	Ricki
Dance Tribe	2	10:15-11:10am	Geneva
SilverSneakers Classic	2	11:45-12:40pm	Julie
<b>GROUP POWER</b>	■ 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.
<b>GROUP FIGHT</b>	1	5:30-6:25pm	Stacy
PowerFlow 2 Yoga	2	5:30-6:25pm	Michael
<b>GROUP CENTERGY</b>	2	6:30-7:25pm	NaNet

Wednesday			
Class		Time	Instructor
<b>GROUP POWER</b>	■ 1	5:15-6:10am	Kristin T.
<b>SPINNING®</b>	■ S	5:15-6:00am	Maria D.
Miramont Core	1	6:15-6:35am	Quinha
<b>SPINNING®</b>	■ S	6:15-7:10am	Kris L.
<b>GROUP ACTIVE</b>	■ 1	8:15-9:10am	Trish R.
Pilates-Intermediate	2	8:15-9:10am	Julie
<b>GROUP POWER</b>	■ 1	9:15-10:10am	Lynn
BodyDefine Yoga	2	9:15-10:10am	Nicole
<b>SPINNING®</b>	■ S	9:15-10:10am	Shauna
<b>POUND</b>	1	10:15-11:00am	Carri
<b>GROUP CENTERGY</b>	2	10:15-11:10am	Trish R.
SilverSneakers Circuit	2	11:30-12:25pm	Marcia
Barre Fitness	■ 2	12:30-1:25pm	Bonnie
<b>GROUP POWER</b>	■ 1	4:30-5:25pm	Meghan W.
<b>SPINNING® * INTRO CLASS * (only 1/25)</b>	★ S	5:00-5:25pm	Quinha
The willPower Method™	★ 1	5:30-6:25pm	Amanda Lee
<b>GROUP CENTERGY</b>	2	5:30-6:25pm	Julie C.
<b>SPINNING®</b>	■ S	5:30-6:25pm	Quinha
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

**Alternate Holiday Schedule on January 1st:**

See studios or visit:

<http://miramontlifestyle.com/membership/closures/>

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MIRAMONT  
LIFESTYLE FITNESS

901 Oakridge Drive  
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Thursday				
Class		Time	Instructor	
<b>GROUP POWER</b>	■	1	5:15-6:10am	Jerry
<b>SPINNING®</b>	■	S	5:45-6:40am	Tessa
PowerFlow Yoga (All Levels)		2	6:00-6:55am	Cathy
<b>GROUP POWER</b>	■	1	6:15-7:10am	Brandi
Forever Fit (Spinning 1st)		2	7:15-8:10am	Marcia
<b>GROUP ACTIVE</b>	■	1	8:15-9:10am	Denise
<b>GROUP BLAST</b>		1	9:15-10:10am	Molly
PowerFlow 1 Yoga		2	9:15-10:10am	Sonya
<b>SPINNING®</b>	■	S	9:15-10:10am	Cathy
Miramont Core		1	10:15-10:40am	Ricki
<b>Barre Fitness</b>	■	2	10:30-11:25am	Kelly
SilverSneakers Classic		2	11:45-12:40pm	Julie
<b>Zumba</b>		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
<b>SPINNING®</b>	■	S	5:15-6:00am	Dustin
<b>GROUP CENTERGY</b>		1	6:15-7:10am	Natalie
Forever Fit (Chi Ball)		2	7:15-8:10am	Marcia
Pilates-Basic Mat		1	8:15-9:10am	Ali
<b>GROUP POWER</b>	■	1	9:15-10:10am	Kelly
BodyDefine Yoga		2	9:15-10:10am	Nicole
<b>SPINNING®</b>	■	S	9:15-10:10am	Kris L.
<b>GROUP CENTERGY</b>		2	10:15-11:10am	Julie
<b>Zumba</b>		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	
<b>GROUP POWER</b>	■	1	7:15-8:10am	Karen H.
<b>SPINNING®</b>	■	S	8:00-8:55am	Meredith
<b>GROUP FIGHT</b>		1	8:15-9:10am	Lauren
Dance Tribe		2	8:15-9:10am	NaNet
<b>GROUP POWER</b>	■	1	9:15-10:10am	Lori F.
<b>GROUP CENTERGY</b>		2	9:15-10:10am	Suki
<b>SPINNING®</b>	■	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	
<b>BOLLY X</b>		1	8:00-8:55am	Merrissa
<b>SPINNING®</b>	■	S	8:30-9:25am	Quinha
<b>GROUP POWER</b>	■	1	9:00-9:55am	Jerry
OptimalAlignment 1 Yoga		2	9:15-10:10am	Haley
<b>GROUP CENTERGY</b>		1	10:15-11:10am	Kayla/Meghan W.
<b>SPINNING®</b>	■	S	10:15-11:10am	Mark M.
90 min *Last Sunday of Month			10:15-11:45am	Mark M.
DeepStretch Yoga		2	10:30-11:25am	Haley
<b>GROUP POWER</b>	■	1	5:00-5:55pm	Megan R./Julie
Studio RESERVED		2	5:00-6:00pm	

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