

# Group Fitness | CENTERRA | July 2017

Monday			
Class		Time	Instructor
<b>SPINNING®</b> ■ S		5:45-6:35am	Meredith
Studio RESERVED	1	8:00-11:00am	
Miramont Core	1	11:30-11:55am	Shauna
OptimalAlignment 1 Yoga	2	12:00-12:55pm	Sonya
<b>SPINNING®</b> (express) ■ S		12:15-1:00pm	Shauna
<b>BODYPUMP</b> ■	1	5:30-6:25pm	Kris L.
DeepStretch Yoga ⌚	2	4:45-5:40pm	Katie H.
Tuesday			
Class		Time	Instructor
OptimalAlignment 1 Yoga	2	7:00-7:55am	Mo
Studio RESERVED	1	8:00-11:00am	
<b>CXWORX</b>	1	11:30-11:55am	Lisa
<b>BODYPUMP</b> ■	1	12:00-12:55pm	Lisa
PowerFlow 1 Yoga	2	12:00-12:55pm	Jenn
<b>SPINNING®</b> (express) ■ S		12:15-1:00pm	Greg T.
DeepStretch Yoga	2	5:30-6:25pm	Katie H.
Wednesday			
Class		Time	Instructor
<b>SPINNING®</b> ■ S		5:45-6:35am	Greg T./Trish
Studio RESERVED	1	8:00-11:00am	
<b>BODYFLOW</b> ☆	2	12:00-12:55pm	Kris B.
<b>RPM</b> Express ■ S		12:15-12:45pm	Torrie
Studio RESERVED	1	5:30-7:30pm	
<b>SPINNING®</b> ■ S		5:45-6:40pm	Rotate

Thursday			
Class		Time	Instructor
Studio RESERVED	1	8:00-11:00am	
<b>BODYPUMP</b> ■	1	12:00-12:55pm	Kris B.
<b>BODYFLOW</b>	2	12:00-12:55pm	NaNet
OptimalAlignment 1 Yoga	2	5:30-6:25pm	Rotate
Friday			
Class		Time	Instructor
<b>SPINNING®</b> ■ S		5:45-6:35am	Jerry
Studio RESERVED	1	8:00-11:00am	
Miramont Core	1	11:30-11:55am	Kacee
Studio RESERVED	1	12:00-1:00pm	
OptimalAlignment 1 Yoga	2	12:00-12:55pm	Kacee
<b>SPINNING®</b> (express) ■ S		12:15-1:00pm	Rotate
Saturday			
Class		Time	Instructor
<b>SPINNING®</b> ■ S		8:15-9:10am	Cathy
PowerFlow Yoga (All Levels)	2	9:30-10:25am	Cathy
Sunday			
Class		Time	Instructor
The willPower Method™	1	9:15-10:10am	Amanda Lee
DeepStretch Yoga	2	9:15-10:10am	Katie H.

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

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