

Group Fitness | CENTRAL | July 2017

Monday				
Class		Time	Instructor	
BODYPUMP	■	2	5:05-6:05am	Jerry
SPINNING®	■	S	5:05-6:05am	Dana
BODYSTEP		2	6:15-7:15am	Kayla
Cardio Strength Fusion		2	8:05-9:05am	Jen
BodyDefine Yoga		1	9:15-10:15am	Jolee
BODYPUMP	■	2	9:15-10:15am	Lisa
SPINNING®	■	S	9:15-10:15am	Heather
DeepStretch Yoga		1	10:25-11:25am	Haley
BOLLY X LIT (express)		2	10:25-11:10am	Merrissa
BODYVIVE 3.1 (express)		2	11:20-12:05pm	Chelsea
SilverSneakers Cardio		1	11:35-12:35pm	Sherri
BODYFLOW		2	12:15-1:15pm	Suki
SPINNING®	■	S	12:15-1:15pm	Cecilia
BODYPUMP	■	2	4:20-5:20pm	Brandi
OptimalAlignment 2 Yoga (90 min)		1	5:00-6:30pm	Leah
BODYCOMBAT		2	5:30-6:25pm	Katie/Stacy
SPINNING®	■	S	5:30-6:30pm	Mark
Hip Hop: Freestyle		2	6:40-7:40pm	Kate
PowerFlow 2 Yoga		1	6:40-7:40pm	Danny
Tuesday				
Class		Time	Instructor	
BODYCOMBAT		2	5:05-6:05am	Mark
BODYPUMP	■	2	6:15-7:15am	Lynn
SPINNING®	■	S	6:15-7:15am	Natalie
OptimalAlignment 1 Yoga		1	8:05-9:05am	Sonya
CXWORX		2	8:30-9:00am	Jerry
Pilates Basic/Intermediate Mat	■	1	9:15-10:15am	Beck
BODYSTEP		2	9:15-10:15am	Tara
SPINNING®	■	S	9:15-10:15am	Jacob
DeepStretch Yoga		1	10:25-11:25am	Heather
Zumba		2	10:25-11:25am	Maria
SilverSneakers Classic		1	11:35-12:35pm	Sherri
BODYPUMP	■	2	12:15-1:15pm	Kristina
The willPower Method™		1	12:45-1:45pm	Dana
Studio RESERVED - PSD		2	4:00-4:30pm	
Barre Fitness	■	1	4:20-5:20pm	Nicole A.
OptimalAlignment 1 Yoga		1	5:30-6:30pm	Kate
BODYPUMP	■	2	5:30-6:30pm	Jerry
SPINNING®	■	S	5:30-6:30pm	Mark M.
Barre Fitness	■	1	6:40-7:40pm	Nicole A.
Zumba		2	6:40-7:40pm	Cecilia
PowerFlow Yoga (All Levels)		1	7:50-8:50pm	Sonya
Wednesday				
Class		Time	Instructor	
BODYPUMP	■	2	5:05-6:05am	Dola
SPINNING®	■	S	5:05-6:05am	Jerry
PowerFlow 2 Yoga		1	6:15-7:15am	Leah
BODYSTEP		2	6:15-7:15am	Chelsea
BODYVIVE 3.1		2	7:25-8:25am	Chelsea
Barre Fitness	■	1	9:15-10:15am	Kelli
BODYCOMBAT		2	9:15-10:15am	Bronwen
RPM	■	S	9:15-10:00am	Chelsea
OptimalAlignment 2 Yoga		1	10:25-11:25am	Sonya
BODYPUMP	■	2	10:25-11:25am	Bronwen
Chair Assisted Yoga		1	12:15-1:15pm	Suki
BODYFLOW		2	12:15-1:15pm	Geneva
SPINNING®	■	S	12:15-1:15pm	Bronwen
Studio RESERVED - PSD		1	4:20-5:20pm	
BODYCOMBAT		2	4:20-5:20pm	Stacy
PowerFlow 2 Yoga		1	5:30-6:30pm	Shawna
Zumba		2	5:30-6:30pm	Maria
SPINNING®	■	S	5:30-6:30pm	Mark
Studio RESERVED		2	6:40-7:40pm	

Thursday				
Class		Time	Instructor	
Cardio Strength Fusion		2	5:05-6:05am	Kristin
SPINNING®	■	S	5:05-6:05am	Dana
BODYPUMP	■	2	6:15-7:15am	Dana
The willPower Method™		1	8:05-9:05am	Kristina
OptimalAlignment 1 Yoga		1	9:15-10:15am	Stacey
CXWORX		2	8:30-9:00am	Lori L.
BODYSTEP		2	9:15-10:15am	Chelsea
SPINNING®	■	S	9:15-10:15am	Heather
DeepStretch Yoga		1	10:25-11:25am	Stacey
BODYFLOW		2	10:25-11:25am	Suki
PowerFlow Yoga (All Levels)		1	11:35-12:35pm	Kimberly
BODYPUMP	■	2	12:15-1:15pm	Lori A.
Barre Fitness	■	1	4:20-5:20pm	Nicole A.
Miramont Core		2	5:00-5:25pm	Dana
The willPower Method™		1	5:30-6:25pm	Dana
BODYPUMP	■	2	5:30-6:30pm	Karen B.
SPINNING®	■	S	5:30-6:30pm	Meredith
DeepStretch Yoga		1	6:40-7:40pm	Katie
Hip Hop: Freestyle		2	6:40-7:40pm	Kate
PowerFlow Yoga (All Levels)		1	7:50-8:50pm	Sonya
Zumba		2	7:50-8:50pm	Laurie
Friday				
Class		Time	Instructor	
BODYCOMBAT		2	5:05-6:05am	Mark
SPINNING®	■	S	5:05-6:05am	Trish
OptimalAlignment 2 Yoga		1	6:15-7:15am	Sasha
BODYPUMP	■	2	6:15-7:15am	Kayla
SPINNING®	■	S	7:00-8:00am	Shauna
SilverSneakers Classic		1	8:05-9:05am	Chelsea
OptimalAlignment 2 Yoga		1	9:15-10:15am	Stacey
BODYPUMP	■	2	9:15-10:15am	Bronwen
Chair Assisted Yoga		1	10:25-11:25am	Stacey
BODYFLOW		2	10:25-11:25am	Lori A.
BODYVIVE 3.1		2	11:35-12:35pm	Chelsea
Barre Fitness	■	1	12:45-1:45pm	Nicole
PowerFlow 2 Yoga		1	4:20-5:20pm	Leah/Nicole B.
BODYPUMP	■	2	4:20-5:20pm	Megan R.
SPINNING®	■	S	4:20-5:20pm	Dana
Hip Hop: Freestyle		2	5:30-6:30pm	Kate
Saturday				
Class		Time	Instructor	
PowerFlow 2 Yoga		1	8:05-9:05am	Danny
BODYPUMP	■	2	8:05-9:05am	Lynn
Pilates Basic/Intermediate Mat	■	1	9:15-10:15am	Mary
BODYCOMBAT		2	9:15-10:15am	Katie
SPINNING®	■	S	9:15-10:15am	Dana/Quinha
Barre Fitness	■	1	10:25-11:25am	Mary/Nicole A.
Zumba		2	10:25-11:25am	Cecilia
Studio RESERVED - PSD		S	10:25-11:25am	
The willPower Method™		1	11:35-12:35pm	Kristina
OptimalAlignment 1 Yoga		1	4:00-5:00pm	Tonya
BODYPUMP	■	2	4:00-5:00pm	Megan R.
Sunday				
Class		Time	Instructor	
OptimalAlignment 2 Yoga (90 min)		1	9:00-10:30am	Tonya
BODYCOMBAT		2	9:15-10:15am	Stacy
SPINNING® (express)		S	9:15-10:00am	Kristin
BODYPUMP	■	2	10:25-11:25am	Kristin
BOLLY X		1	10:40-11:40am	Merrissa
BODYFLOW		2	11:35-12:35pm	Tonya
PowerFlow Yoga (All Levels)		1	5:00-6:00pm	Shawna

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