

# Group Fitness | NORTH | July 2017

Monday			
Class		Time	Instructor
<b>BODYVIVE 3.1</b>	1	8:05-9:05am	Chelsea
<b>BODYSTEP</b>	1	9:15-10:15am	Chelsea
PowerFlow 2 Yoga (90 min)	2	9:15-10:45am	Kimberly
Miramont Core	1	11:45-12:10pm	Ricki
Freestyle Kickboxing	1	12:15-1:15pm	Ricki
<b>BODYPUMP</b>	1	4:20-5:20pm	Teri
<b>CXWORX</b>	2	5:00-5:25pm	Kristina
<b>BODYSTEP</b>	1	5:30-6:30pm	Kristina
PowerFlow Yoga (All Levels)	2	5:30-6:30pm	Nicole
<b>SPINNING®</b>	S	5:30-6:30pm	Amber
Studio RESERVED	1	6:30-9:30pm	
DeepStretch Yoga	2	6:40-7:40pm	Nicole
Tuesday			
Class		Time	Instructor
<b>BODYPUMP</b>	1	5:05-6:05am	Dola
SilverSneakers Classic	1	8:05-9:05am	Sherri
<b>BODYPUMP</b>	1	9:15-10:15am	Lori A.
OptimalAlignment 2 Yoga (90 min)	2	9:15-10:45am	Beck
<b>BODYFLOW</b>	1	10:25-11:25am	Lori A.
Miramont Core	1	11:45-12:10pm	Jen W.
Studio RESERVED-PSD	2	4:20-5:20pm	
Freestyle Kickboxing	1	5:30-6:30pm	Chris
OptimalAlignment 1 Yoga	2	5:30-6:30pm	Nicole
Hip Hop: Be Bad	1	6:40-7:40pm	Laurie
Studio RESERVED	2	7:00-8:00pm	
Wednesday			
Class		Time	Instructor
Forever Fit	1	8:05-9:05am	Kristina/Carri
<b>BODYSTEP</b>	1	9:15-10:15am	Kristina
OptimalAlignment 1 Yoga	2	9:15-10:15am	Angela
PowerFlow 2 Yoga	2	12:15-1:15pm	Jenn
<b>BODYPUMP</b>	1	4:20-5:20pm	Teri
Miramont Core	2	5:00-5:25pm	Kacee
<b>BODYSTEP</b>	1	5:30-6:30pm	Nicole
PowerFlow Yoga (All Levels)	2	5:30-6:30pm	Kacee
Freestyle Kickboxing	1	6:40-7:40pm	Chris
DeepStretch Yoga	2	6:40-7:40pm	Kacee

Thursday			
Class		Time	Instructor
<b>BODYPUMP</b>	1	5:05-6:05am	Dola
<b>SPINNING®</b>	S	6:15-7:15am	Kris L.
Chair Assisted Yoga	1	8:05-9:05am	Suki
<b>BODYPUMP</b>	1	9:15-10:15am	Natalie
PowerFlow 1 Yoga	2	9:15-10:15am	Jolee
<b>BODYFLOW</b>	1	10:25-11:25am	Natalie
<b>CXWORX</b>	1	11:45-12:10pm	Kristina
<b>SPINNING® (express)</b>	S	12:15-12:45pm	Amber
OptimalAlignment 2 Yoga	2	4:20-5:20pm	Kacee
<b>BODYCOMBAT * INTRO * (7/6 &amp; 7/20)</b>	1	5:00-5:25pm	Katie
<b>BODYCOMBAT</b>	1	5:30-6:30pm	Katie
BodyDefine Yoga	2	5:30-6:30pm	Jolee
Studio RESERVED	1	7:00-8:00pm	
Friday			
Class		Time	Instructor
<b>BODYVIVE 3.1</b>	1	8:05-9:05am	Kristina
Freestyle Kickboxing	1	9:15-10:15am	Ricki
PowerFlow 2 Yoga	2	9:15-10:15am	Jolee
<b>SPINNING®</b>	S	9:15-10:15am	Alana
OptimalAlignment 1 Yoga	2	10:25-11:25am	Jolee
<b>BODYPUMP</b>	1	11:35-12:35pm	Kristina
SilverSneakers Classic (express)	1	12:45-1:30pm	Lori L.
Saturday			
Class		Time	Instructor
<b>BODYPUMP</b>	1	9:15-10:15am	Karen B.
PowerFlow 2 Yoga (75 min)	2	9:15-10:30am	Kimberly
<b>SPINNING®</b>	S	9:15-10:15am	Jerry
90 min *2nd Saturday of Month	S	9:15-10:45am	Jerry
Sunday			
Class		Time	Instructor
<b>BODYPUMP</b>	1	8:05-9:05am	Kayla
<b>BODYSTEP</b>	1	9:15-10:15am	Nicole
PowerFlow Yoga (All Levels)	2	9:15-10:15am	Rotate
DeepStretch Yoga	2	10:25-11:25am	Leah
PowerFlow 2 Yoga	2	5:00-6:00pm	Laura

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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