

Group Fitness | SOUTH | July 2017

Monday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:05-6:05am	Natalie
SPINNING®	■ S	5:05-6:05am	Jacob
PowerFlow 2 Yoga	2	6:15-7:15am	Sasha
SPINNING® (express)	■ S	6:15-7:00am	Alana
Pilates-Intermediate	1	8:05-9:05am	Julie
BODYPUMP	■ 1	9:15-10:15am	Lynn
Pilates-Basic Mat	2	9:15-10:15am	Julie
SPINNING®	■ S	9:15-10:15am	Natalie
BODYFLOW	2	10:25-11:25am	Trish
Studio RESERVED- YOUTH	1	10:30-4:00pm	
SilverSneakers Circuit	2	11:35-12:35pm	Marcia
Barre <i>Fitness</i>	2	12:45-1:45pm	Carri
Studio RESERVED- YOUTH	2	1:30-4:00pm	
BODYPUMP	■ 1	4:20-5:20pm	Julie S.
BodyDefine Yoga	2	4:20-5:20pm	Katelyn
Zumba	1	5:30-6:30pm	Megan P.
BODYFLOW	2	5:30-6:30pm	Geneva
SPINNING®	■ S	5:30-6:30pm	Greg T.
OptimalAlignment 1 Yoga	2	6:40-7:40pm	Julie

Tuesday			
Class		Time	Instructor
BODYPUMP	■ 1	5:05-6:05am	Karen H.
SPINNING®	■ S	5:45-6:45am	Meredith
BODYPUMP	■ 1	6:15-7:15am	Dana
Forever Fit (Spinning 1st)	2	7:25-8:25am	Jenny
BODYVIVE 3.1	■ 1	8:05-9:05am	Chelsea
Step Challenge (express)	1	9:15-10:00am	Anja
OptimalAlignment 1 Yoga	2	9:15-10:15am	Michael
RPM	■ S	9:15-10:00am	Chelsea
Miramont Core	1	10:20-10:45am	Ricki
Dance Tribe	2	10:25-11:25am	Geneva
SilverSneakers Classic	2	11:35-12:35pm	Julie C.
BODYPUMP	■ 1	12:15-1:15pm	Natalie
Chair Assisted Yoga	2	12:45-1:45pm	Julie C.
Studio RESERVED- YOUTH	1	1:30-4:00pm	
Barre <i>Fitness</i>	2	1:55-2:55pm	Nicole
Studio RESERVED- YOUTH	2	3:00-4:00pm	
BODYCOMBAT	1	5:30-6:30pm	Lauren(temp.)
PowerFlow 2 Yoga	2	5:30-6:30pm	Michael
BODYFLOW	2	6:40-7:40pm	Jill

Wednesday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:05-6:05am	Kristin T.
SPINNING®	■ S	5:05-6:05am	Maria D.
SPINNING®	■ S	6:15-7:15am	Kris L.
BOLLYX LIT (express)	1	8:05-8:50am	Merrissa
Pilates- Intermediate	2	8:05-9:05am	Julie C.
BODYPUMP	■ 1	9:15-10:15am	Molly
BodyDefine Yoga	2	9:15-10:15am	Nicole
SPINNING®	■ S	9:15-10:15am	Shauna
BODYFLOW	2	10:25-11:25am	Trish R.
Studio RESERVED- YOUTH	1	10:30-4:00pm	
SilverSneakers Circuit	2	11:35-12:35pm	Marcia
Barre <i>Fitness</i>	2	12:45-1:45pm	Lori
Studio RESERVED- YOUTH	2	1:30-4:00pm	
BODYPUMP	■ 1	4:20-5:20pm	Meghan W.
The willPower Method™	1	5:30-6:30pm	Amanda Lee
BODYFLOW	2	5:30-6:30pm	Julie C.
SPINNING®	■ S	5:30-6:30pm	Quinha
BODYCOMBAT	1	6:40-7:40pm	Jerry
PowerFlow 1 Yoga	2	6:40-7:40pm	Siobhan

Thursday			
Class		Time	Instructor
BODYPUMP	■ 1	5:05-6:05am	Jerry
SPINNING®	■ S	5:45-6:45am	Tessa
BODYPUMP	■ 1	6:15-7:15am	Brandi
PowerFlow Yoga (All Levels)	2	6:15-7:15am	Cathy
Forever Fit (Spinning 1st)	2	7:25-8:25am	Marcia
BODYVIVE 3.1 INTRO CLASS * (7/13 & 7/27)	★ S	7:30-7:55am	Stacy
BODYVIVE 3.1	■ 1	8:05-9:05am	Stacy
BODYSTEP	1	9:15-10:15am	Jen
PowerFlow 1 Yoga	2	9:15-10:15am	Sonya
SPINNING®	■ S	9:15-10:15am	Cathy
Miramont Core	1	10:20-10:45am	Ricki
Barre <i>Fitness</i>	2	10:25-11:25am	Lori
Studio RESERVED- YOUTH	1	11:00-4:00pm	
SilverSneakers Classic	2	11:35-12:35am	Julie C.
Studio RESERVED- YOUTH	2	1:00-4:00pm	
Zumba	1	5:30-6:30pm	Cecilia
OptimalAlignment 1 Yoga (75 min)	2	6:15-7:30pm	Beck
Studio RESERVED	1	6:40-9:40pm	

Friday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:05-6:05am	Kristin
SPINNING®	■ S	5:05-6:05am	Dustin
BODYFLOW	1	6:15-7:15am	Karen H./Meghan
SPINNING® (express)	■ S	6:15-7:00am	Brandi
Forever Fit (Chi Ball)	2	7:25-8:25am	Marcia
Pilates- Basic Mat	1	8:05-9:05am	Julie C.
BODYPUMP	■ 1	9:15-10:15am	Lisa
BodyDefine Yoga	2	9:15-10:15am	Nicole
SPINNING®	■ S	9:15-10:15am	Kris L.
Zumba	1	10:25-11:25am	Alexandra
BODYFLOW	2	10:25-11:25am	Julie C.
Studio RESERVED- YOUTH	1	11:30-4:00pm	
Chair Assisted Yoga	2	11:35-12:35pm	Julie
DeepStretch Yoga	2	12:45-1:45pm	Katie
Studio RESERVED- YOUTH	2	2:00-4:00pm	

Saturday			
Class		Time	Instructor
BODYPUMP	■ 1	7:00-8:00am	Karen H./Meghan
BODYCOMBAT	1	8:05-9:05am	Lauren
Dance Tribe	2	8:05-9:05am	NaNet
SPINNING®	■ S	8:05-9:05am	Meredith
BODYPUMP	■ 1	9:15-10:15am	Lori A.
BODYFLOW	2	9:15-10:15am	Suki
SPINNING®	■ S	9:45-10:45am	Tessa
PowerFlow Yoga (All Levels)	2	10:25-11:25am	Kacee
DeepStretch Yoga	2	11:35-12:35pm	Kacee

Sunday			
Class		Time	Instructor
SPINNING®	■ S	8:05-9:05am	Quinha
BODYPUMP	■ 1	9:15-10:15am	Jerry
OptimalAlignment 1 Yoga	2	9:15-10:15am	Haley
BODYFLOW	1	10:25-11:25am	Jill/Megan R.
DeepStretch Yoga	2	10:25-11:25am	Haley
SPINNING®	■ S	10:25-11:25am	Mark M.
		90 min *Last Sunday of Month	10:25-11:55am
BODYPUMP	■ 1	5:00-6:00pm	Megan R./Julie S.
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



MIRAMONT
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