

# Group Fitness | CENTERRA | September 2017

| Monday                      |     |               |               |  |
|-----------------------------|-----|---------------|---------------|--|
| Class                       |     | Time          | Instructor    |  |
| SPINNING®                   | ■ S | 5:45-6:35am   | Meredith      |  |
| BOOM MOVE IT                | 2   | 10:30-11:00am | Carri         |  |
| BOOM MUSCLE                 | 2   | 11:00-11:30am | Carri         |  |
| Miramont Core               | 1   | 11:30-11:55am | Shauna        |  |
| OptimalAlignment 1 Yoga     | 2   | 12:00-12:55pm | Sonya         |  |
| SPINNING® (Express)         | ■ S | 12:15-1:00pm  | Shauna        |  |
| BODYPUMP                    | ■ 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            |  |
| CXWORX                      | 1   | 11:30-11:55am | Lisa          |  |
| BODYPUMP                    | ■ 1 | 12:00-12:55pm | Lisa          |  |
| BODYFLOW                    | 2   | 12:00-12:55pm | Kris B.       |  |
| Studio RESERVED             | 1   | 1:00-2:00pm   |               |  |
| DeepStretch Yoga            | 2   | 5:30-6:25pm   | Katie H.      |  |
| Wednesday                   |     |               |               |  |
| Class                       |     | Time          | Instructor    |  |
| SPINNING®                   | ■ S | 5:45-6:35am   | Greg T./Trish |  |
| PowerFlow Yoga (All Levels) | 2   | 12:00-12:55pm | Jenn          |  |
| Studio RESERVED             | 1   | 5:30-7:30pm   |               |  |

| Thursday                    |     |               |            |  |
|-----------------------------|-----|---------------|------------|--|
| Class                       |     | Time          | Instructor |  |
| BOOM MOVE IT                | 2   | 10:30-11:00am | Carri      |  |
| BOOM MUSCLE                 | 2   | 11:00-11:30am | Carri      |  |
| BODYPUMP                    | ■ 1 | 12:00-12:55pm | Kris B.    |  |
| BODYFLOW                    | 2   | 12:00-12:55pm | NaNet      |  |
| BODYFLOW                    | ★ 2 | 5:30-6:25pm   | Jan        |  |
| Friday                      |     |               |            |  |
| Class                       |     | Time          | Instructor |  |
| SPINNING®                   | ■ S | 5:45-6:35am   | Jerry      |  |
| Studio RESERVED             | 1   | 9:00-10:00am  |            |  |
| Miramont Core               | 1   | 11:30-11:55am | Kacee      |  |
| Studio RESERVED             | 1   | 12:00-1:00pm  |            |  |
| OptimalAlignment 1 Yoga     | 2   | 12:00-12:55pm | Kacee      |  |
| SPINNING® (Express)         | ■ S | 12:15-1:00pm  | Rotate     |  |
| Saturday                    |     |               |            |  |
| Class                       |     | Time          | Instructor |  |
| SPINNING®                   | ■ S | 8:15-9:10am   | Cathy      |  |
| PowerFlow Yoga (All Levels) | 2   | 9:30-10:25am  | Cathy      |  |
| Sunday                      |     |               |            |  |
| Class                       |     | Time          | Instructor |  |
| 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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