

# Group Fitness | SOUTH | September 2017

Monday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:05-6:05am	Natalie
<b>SPINNING®</b>	■ S	5:05-6:05am	Jacob
PowerFlow 2 Yoga	2	6:15-7:15am	Sasha
<b>SPINNING®</b> (Express)	■ S	6:15-7:00am	Amber
Pilates – Intermediate	1	8:05-9:05am	Julie
<b>BODYPUMP</b>	■ 1	9:15-10:15am	Lynn
Pilates – Basic Mat	2	9:15-10:15am	Julie
<b>SPINNING®</b>	■ S	9:15-10:15am	Natalie
<b>BODYFLOW</b>	2	10:25-11:25am	Trish
SilverSneakers Circuit	2	11:35-12:35pm	Marcia
Barre <i>Fitness</i>	2	12:45-1:45pm	Carri
<b>BODYPUMP</b>	■ 1	4:20-5:20pm	Julie S.
<b>Zumba</b>	1	5:30-6:30pm	Megan P.
<b>BODYFLOW</b>	2	5:30-6:30pm	Jill
<b>SPINNING®</b>	■ S	5:30-6:30pm	Greg T.
Studio RESERVED	1	6:45-9:45pm	
OptimalAlignment 1 Yoga	2	6:40-7:40pm	Julie
Tuesday			
Class		Time	Instructor
<b>BODYPUMP</b>	■ 1	5:05-6:05am	Karen H.
<b>SPINNING®</b>	■ S	5:45-6:45am	Meredith
<b>BODYPUMP</b>	■ 1	6:15-7:15am	Dana
Forever Fit (Spinning 1st)	2	7:25-8:25am	Jenny
<b>BODYVIVE 3.1</b>	1	8:05-9:05am	Chelsea
Step Challenge (Express)	1	9:15-10:00am	Anja
OptimalAlignment 1 Yoga	2	9:15-10:15am	Michael
<b>RPM</b>	■ 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.
<b>BODYPUMP</b>	■ 1	12:15-1:15pm	Natalie
Chair Assisted Yoga	2	12:45-1:45pm	Julie C.
Barre <i>Fitness</i>	2	1:55-2:55pm	Nicole
<b>BODYCOMBAT</b>	1	5:30-6:30pm	Stacy
PowerFlow 2 Yoga	2	5:30-6:30pm	Michael
Wednesday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:05-6:05am	Kristin T.
<b>SPINNING®</b>	■ S	5:05-6:05am	Maria D.
<b>SPINNING®</b>	■ S	6:15-7:15am	Kris L.
Tai Chi	★ 1	8:05-8:50am	Denise
Pilates– Intermediate	2	8:05-9:05am	Julie C.
<b>BODYPUMP</b>	■ 1	9:15-10:15am	Molly
BodyDefine Yoga	2	9:15-10:15am	Nicole
<b>SPINNING®</b>	■ S	9:15-10:15am	Shauna
<b>BODYFLOW</b>	2	10:25-11:25am	Trish R.
SilverSneakers Circuit	2	11:35-12:35pm	Marcia
Barre <i>Fitness</i>	2	12:45-1:45pm	Lori
<b>BODYPUMP</b>	■ 1	4:20-5:20pm	Meghan W.
The willPower Method™	1	5:30-6:30pm	Amanda Lee
<b>BODYFLOW</b>	2	5:30-6:30pm	Julie C.
<b>SPINNING®</b>	■ S	5:30-6:30pm	Quinha
<b>BODYCOMBAT</b>	1	6:40-7:40pm	Jerry
PowerFlow 1 Yoga	2	6:40-7:40pm	Siobhan

Thursday			
Class		Time	Instructor
<b>BODYPUMP</b>	■ 1	5:05-6:05am	Jerry
<b>SPINNING®</b>	■ S	5:45-6:45am	Tessa
<b>BODYPUMP</b>	■ 1	6:15-7:15am	Brandi
PowerFlow Yoga (All Levels)	⌚ 2	6:00-7:00am	Cathy
Forever Fit (Spinning 1st)	2	7:25-8:25am	Marcia
<b>BODYVIVE 3.1</b>	1	8:05-9:05am	Stacy
<b>BODYSTEP</b>	1	9:15-10:15am	Jen
PowerFlow Yoga (All Levels)	2	9:15-10:15am	Sonya
<b>SPINNING®</b>	■ S	9:15-10:15am	Cathy
Miramont Core	1	10:20-10:45am	Ricki
Barre <i>Fitness</i>	2	10:25-11:25am	Lori
SilverSneakers Classic	2	11:35-12:35am	Julie C.
<b>Zumba</b>	1	5:30-6:30pm	Cecilia
OptimalAlignment 1 Yoga (75 min)	2	6:15-7:30pm	Beck
Studio RESERVED	1	6:45-9:45pm	
Friday			
Class		Time	Instructor
Cardio Strength Fusion	1	5:05-6:05am	Kristin
<b>SPINNING®</b>	■ S	5:05-6:05am	Dustin
<b>BODYFLOW</b>	1	6:15-7:15am	Karen H./Meghan
<b>SPINNING®</b> (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.
<b>BODYPUMP</b>	■ 1	9:15-10:15am	Lisa
BodyDefine Yoga	2	9:15-10:15am	Nicole
<b>SPINNING®</b>	■ S	9:15-10:15am	Kris L.
<b>Zumba</b>	1	10:25-11:25am	Alexandra
<b>BODYFLOW</b>	2	10:25-11:25am	Julie C.
Chair Assisted Yoga	2	11:35-12:35pm	Julie C.
DeepStretch Yoga	2	12:45-1:45pm	Julie C.
Saturday			
Class		Time	Instructor
<b>BODYPUMP</b>	■ 1	7:00-8:00am	Karen H./Meghan
<b>BODYCOMBAT</b>	1	8:05-9:05am	Lauren
Dance Tribe	2	8:05-9:05am	NaNet
<b>SPINNING®</b>	■ S	8:05-9:05am	Meredith
<b>BODYPUMP</b>	■ 1	9:15-10:15am	Lori A.
<b>BODYFLOW</b>	2	9:15-10:15am	Suki
<b>SPINNING®</b>	■ 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
<b>SPINNING®</b>	■ S	8:05-9:05am	Quinha
<b>BODYPUMP</b>	■ 1	9:15-10:15am	Jerry
OptimalAlignment 1 Yoga	2	9:15-10:15am	Haley
<b>BODYFLOW</b>	1	10:25-11:25am	Megan R.
DeepStretch Yoga	2	10:25-11:25am	Haley
<b>SPINNING®</b>	■ S	10:25-11:25am	Mark M.
90 min *Last Sunday of Month	■ S	10:25-11:55am	Mark M.
<b>BODYPUMP</b>	⌚ 1	4:20-5:20pm	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  
LIFESTYLE FITNESS

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