

GROUP FITNESS CENTERRA Schedule May 2011

MONDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:45-6:35am	Aspen
Body Ball	1	11:00-11:25am	Chad
Awesome Abs	1	11:30-11:55am	Chad
GROUP ACTIVE (Express)	1	12:00-12:45	NaNet
GROUP CENTERGY	2	12:00-1:00pm	Trish
GROUP POWER	1	5:15-6:15pm	Lorri R.
Zumba	1	6:15-7:15pm	Alexandra
TUESDAY			
CLASS		TIME	INSTRUCTOR
GROUP STEP	1	5:30-6:30am	Torrie
Work that Core	1	11:30-11:55am	Chelsea H.
Yoga Stretch	2	12:00-1:00pm	Kim
GROUP POWER	1	12:00-1:00pm	Chelsea H.
Cycling	C	12:15-1:00pm	Aspen
Zumba	1	5:15-6:15pm	Val
WEDNESDAY			
CLASS		TIME	INSTRUCTOR
GROUP POWER	1	5:30-6:30am	Jerry
Cycling	C	5:45-6:35am	Aspen
Body Ball	1	11:00-11:25am	Chad
Awesome Abs	1	11:30-11:55am	Chad
GROUP KICK	1	12:00-1:00pm	TBA
Lunchtime Yoga	2	1:00-2:00PM	Victoria
Cycling	C	5:30-6:30pm	Aspen
THURSDAY			
CLASS		TIME	INSTRUCTOR
GROUP POWER	1	12:00-1:00pm	Sandra
Lunchtime Yoga	2	12:30-1:30pm	Maureen

FRIDAY			
CLASS		TIME	INSTRUCTOR
GROUP KICK	1	5:30-6:30am	Jerry
GROUP RIDE	C	5:45-6:35am	Torrie
Anusara® Lunchtime Yoga	2	12:00-1:00pm	Tomi
SATURDAY			
No Classes Scheduled			

SUNDAY - CLUB CLOSED

PLEASE NOTE:

In order to make the most efficient use of our space, we may discontinue classes if there are under four participants for four consecutive weeks. This policy may be excluded during holidays, special occasions and summer season. Thank you for your understanding!

- 1 - Studio 1
- 2 - Studio 2
- C - Cycling

- 🕒 Time Change
- ★ New Class

GREY BOXES INDICATE A CHANGE
ATTENTION: CLASS PARTICIPATION LOW



MIRAMONT
LIFESTYLE FITNESS