

# GROUP FITNESS Schedule

## CENTERRA September 2010

MONDAY			
CLASS		TIME	INSTRUCTOR
<b>GROUP POWER</b> (new instructor)	1	5:30-6:30am	Noelle
<b>GROUP RIDE</b>	C	6:30-7:20am	Torrie
<b>GROUP CENTERGY</b>	2	12:00-1:00pm	Trish
<b>GROUP POWER</b>	1	5:15-6:15pm	Lorri R.
<b>Zumba</b>	1	6:15-7:15pm	Alexandra
TUESDAY			
CLASS		TIME	INSTRUCTOR
<b>GROUP STEP</b>	1	5:30-6:30am	Torrie
Work that Core	1	11:30-11:55am	Chelsea H.
Yoga Stretch	2	12:00-1:00pm	Terese
<b>GROUP POWER</b>	1	12:00-1:00pm	Chelsea H.
Ebb & Flow Yoga	2	6:00-7:00pm	David M.
WEDNESDAY			
CLASS		TIME	INSTRUCTOR
<b>GROUP POWER</b>	1	5:30-6:30am	Jerry
<b>GROUP ACTIVE</b> ★	1	11:00-12:00pm	Denise
<b>GROUP KICK</b>	1	12:00-1:00pm	Chelsea H.
Lunchtime Yoga ★	2	1:00-2:00pm	Melissa
Cycling	C	5:30-6:30pm	Aspen
THURSDAY			
CLASS		TIME	INSTRUCTOR
<b>GROUP STEP</b>	1	5:30-6:30am	Chelsea H.
Cycling	C	12:00-1:00pm	Gael/Raquel
<b>GROUP POWER</b> (new instructor)	1	12:00-1:00pm	Noelle
Lunchtime Yoga ★	2	1:00-2:00pm	Maureen
<b>willPower &amp; grace™</b>	1	5:30-6:30pm	Rebecca

FRIDAY			
CLASS		TIME	INSTRUCTOR
<b>GROUP KICK</b>	1	5:30-6:30am	Jerry
<b>GROUP RIDE</b>	C	6:30-7:20am	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 ten 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**



**MIRAMONT**  
LIFESTYLE FITNESS