

GROUP FITNESS CENTRAL Schedule August 2010

- 1 - Studio 1
- 2 - Studio 2
- C - Cycling
- MB - Mind/Body Studio
- Time Change
- New Class

MONDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:30-6:30am	Dana
GROUP POWER	2	5:30-6:30am	Jerry
GROUP KICK	2	6:30-7:30am	Chelsea W.
GROUP POWER	2	9:15-10:15am	Kelly
Vinyasa Yoga	1	9:15-10:15am	Samantha
Cycling	C	9:15-10:15am	Cortni
Core	1	10:15-10:45am	Rachael
GROUP CENTERGY	2	10:15-11:15am	Alicia
Silver Sneakers/Cardio Fit	1	11:00-12:00pm	Sherri W.
GROUP Active	2	12:00-1:00pm	Nicole
Pilates-Basic Mat w/ Props	1	12:00-1:00pm	Mariah
GROUP POWER	2	4:30-5:30pm	Heather
Guided Yoga Practice	1	5:00-6:30pm	Leah
GROUP KICK	2	5:30-6:30pm	Tara
GROUP RIDE	C	5:30-6:30pm	Gael
Be Bad Hip Hop	1	6:30-7:30pm	Gwenda
TUESDAY			
CLASS		TIME	INSTRUCTOR
GROUP KICK	2	5:30-6:30am	Mark
GROUP POWER <small>(new instructor)</small>	2	6:30-7:30am	Lynn
Gentle Anusara Inspired Yoga	1	8:00-9:00am	Tomi
Pilates w/ Props	1	9:00-10:00am	Karyn
GROUP STEP	2	9:15-10:15am	Cortni
Cycling	C	9:15-10:15am	Berny
Zumba	2	10:15-11:15am	Maria/Gwenda
Silver Sneakers/MSROM	1	11:00-12:00pm	Sherri
Core	2	11:30-12:00pm	Kristina
GROUP POWER	2	12:00-1:00pm	Natalie
willPower & grace™	1	12:00-1:00pm	Dana
Core	2	5:00-5:25pm	Chelsea H.
Yoga All Levels	1	5:30-6:30pm	Kate
GROUP POWER	2	5:30-6:30pm	Chelsea H.
Cycling	C	5:30-6:30pm	Raquel
GROUP STEP	2	6:30-7:30pm	Chelsea H.
GROUP GROOVE	1	6:30-7:30pm	Groove Team

WEDNESDAY			
CLASS		TIME	INSTRUCTOR
GROUP POWER	2	5:30-6:30am	Debby
GROUP RIDE	C	5:30-6:20am	Torrie
Sunrise Yoga	1	6:30-7:30am	Kathryn
GROUP KICK	2	9:15-10:15am	Tara
GROUP RIDE	C	9:15-10:15am	Chelsea H.
Ebb & Flow Yoga	1	10:15-11:45am	Kathryn
GROUP POWER	2	10:15-11:15am	Paige
Silver Sneakers/Yoga	1	12:00-1:00pm	Ariella
Cycling	C	12:00-1:00pm	Shawna
GROUP CENTERGY	2	12:00-1:00pm	Paige
GROUP KICK	2	4:30-5:30pm	Ricki
Zumba	2	5:30-6:30pm	Maria/Gwenda
Cycling	C	5:30-6:20pm	Rachael
Vinyasa Yoga	1	5:30-6:30pm	Betty
Pilates-Basic/Int.	1	6:30-7:30pm	Karyn
GROUP POWER	2	6:30-7:30pm	Christine
THURSDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:30-6:20am	Dana
GROUP STEP	2	5:30-6:30am	Torrie
GROUP POWER	2	6:30-7:30am	Dana
GROUP STEP	2	9:15-10:15am	Kristina
Vinyasa Flow	1	9:15-10:45am	Maureen
Cycling	C	9:15-10:15am	Kris
Nia @	2	10:15-11:15am	Rotate
Silver Sneakers/MSROM	1	11:00-12:00pm	Chelsea H.
Core	2	11:30-11:55am	Paige
GROUP POWER	2	12:00-1:00pm	Lori F.
GROUP CENTERGY	1	12:00-1:00pm	Paige
Core	2	5:00-5:25pm	Dana
willPower & grace™	1	5:30-6:30pm	Dana
GROUP POWER	2	5:30-6:30pm	Rachael
Cycling	C	5:30-6:30pm	Meredith L.
Zumba	2	6:30-7:30pm	Maria
GROUP CENTERGY	1	6:30-7:30pm	Denise
Yoga All Levels	1	7:30-8:30pm	Kimberly

GREY BOXES INDICATE A SCHEDULE CHANGE

GROUP FITNESS Schedule

CENTRAL August 2010

FRIDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:30-6:30am	Natalie
GROUP KICK	2	5:30-6:30am	Chelsea H.
GROUP POWER	2	9:15-10:15am	Sandra
Cycling	C	9:15-10:15am	Cortni
Anusara Inspired Yoga LV 2	1	9:15-10:45am	Tomi
GROUP CENTERGY	2	10:15-11:15am	Marianne
Forever Fit	1	11:00-12:00pm	Sherri/Chelsea
GROUP KICK	2	12:00-1:00pm	Mark
GROUP POWER	2	4:30-5:30pm	Kristina
Ebb & Flow Yoga	1	4:30-5:40pm	David
Cycling	C	4:30-5:30pm	Dana
GROUP KICK	2	5:30-6:30pm	Tara
SATURDAY			
CLASS		TIME	INSTRUCTOR
Vinyasa Yoga	1	8:00-9:00am	Danny
GROUP POWER	2	8:00-9:00am	Christine
GROUP KICK	2	9:00-10:00am	Chelsea W.
Cycling	C	9:00-10:00am	Maria/Shawna
Pilates-Intermediate Mat	1	9:00-10:00am	Mariah
Zumba/GROUP GROOVE	2	10:15-11:15am	Cecilia/NaNet
Taekwondo (Adult only) - \$ ▲	2	11:30-1:30pm	Dave
Core	1	11:00-11:30pm	Kristina
willPower & grace™	1	11:30-12:30pm	Kristina
Yoga All Levels	1	4:00-5:00pm	Kendra
GROUP POWER	2	4:00-5:00pm	Bronwen

SUNDAY			
CLASS		TIME	INSTRUCTOR
GROUP KICK	2	9:00-10:00am	Tara
Hatha Yoga	1	9:00-10:15am	Tonya
GROUP POWER	2	10:00-11:00am	Rachael
GROUP CENTERGY	2	11:00-12:00pm	Rachael
Awesome Abs	1	2:30-3:00pm	Greg

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!



MIRAMONT
LIFESTYLE FITNESS

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