

GROUP FITNESS CENTRAL Schedule May 2011

1 - Studio 1
2 - Studio 2
C - Cycling

⌚ Time Change
★ New Class

MONDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:30-6:30am	Dana
GROUP POWER	2	5:30-6:30am	Jerry
GROUP POWER	2	9:15-10:15am	Kelly
Vinyasa Yoga	1	9:15-10:15am	Samantha
Cycling	C	9:15-10:15am	Rachael
GROUP CENTERGY	2	10:15-11:15am	Alicia
Silver Sneakers/Cardio Fit	1	11:00-12:00pm	Sherri W.
Cycling	C	12:00-1:00pm	Sandra
Pilates-Basic Mat w/ Props	1	12:00-1:00pm	Karyn
GROUP KICK ★	2	12:00-1:00pm	Kelly
Tai Chi	1	2:00-3:00pm	Corinne
GROUP POWER	2	4:30-5:30pm	Lori F.
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
Cycling	C	6:30-7:30pm	Chelsea H.
Be Bad Hip Hop	2	6:30-8:00pm	Gwenda

TUESDAY			
CLASS		TIME	INSTRUCTOR
GROUP KICK	2	5:30-6:30am	Mark
GROUP POWER	2	6:30-7:30am	Lynn
Anusara® Gentle Yoga	1	8:00-9:00am	Tomi
Pilates w/ Props	1	9:15-10:15am	Karyn
GROUP STEP	2	9:15-10:15am	Jill
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	11:30-11:55am	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

(90) - 90 minute format 1st week of month only

GREY BOXES INDICATE A CHANGE

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
Pilates-Basic Mat w/ Props	1	9:15-10:15am	Mariah
GROUP KICK	2	9:15-10:15am	Tara
GROUP RIDE (90)	C	9:15-10:15am	Chelsea H.
Ebb & Flow Yoga	1	10:15-11:45am	Kathryn
GROUP POWER	2	10:15-11:15am	Paige
Senior Chair Yoga	1	12:00-1:00pm	Stacey
Cycling	C	12:00-1:00pm	TBA
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	Kadie
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
Anusara-Inspired Mixed Level Yoga	1	9:15-10:15am	Stacey
Cycling (90)	C	9:15-10:15am	Kris
Nia® Dance Fusion	2	10:15-11:15am	Denise
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	1	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 (90)	2	6:30-7:30pm	Maria
GROUP CENTERGY	1	6:30-7:30pm	Denise
Yoga All Levels	1	7:30-8:30pm	Kimberly

ATTENTION: CLASS PARTICIPATION LOW

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FRIDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:30-6:30am	Natalie
GROUP KICK	2	5:30-6:30am	Chelsea H.
Morning Core	2	6:30- 6:50am	Natalie
GROUP POWER	2	9:15-10:15am	Sandra
Cycling	C	9:15-10:15am	Heather
Anusara® Level 2	1	9:15-10:45am	Tomi
GROUP CENTERGY	2	10:15-11:15am	Marianne
GROUP KICK	2	12:00-1:00pm	Mark
GROUP POWER	2	4:30-5:30pm	Kristina
Ebb & Flow Yoga	1	4:30-5:45pm	Kathryn
Cycling	C	4:30-5:30pm	Dana
GROUP KICK	2	5:30-6:30pm	Tara
Nia® Dance Jam 2nd wk only	1	5:45-6:45pm	Nia Team

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	Tara
Cycling	C	9:00-10:00am	Maria/Shawna
Pilates-Intermediate Mat	1	9:00-10:00am	Mariah
Zumba/GROUP GROOVE	2	10:00-11:00am	Cecilia/NaNet
Core	2	11:00-11:25am	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	TBA

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
Cycling	C	1:30-2:30pm	Bobbie
Awesome Abs	1	2:30-2:55pm	Bobbie

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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