

GROUP FITNESS NORTH Schedule May 2011

MONDAY			
CLASS		TIME	INSTRUCTOR
Vinyasa Yoga	2	6:30-7:30am	Betty
Cardio/Strength (Forever Fit)	1	8:00-9:00am	Rose
GROUP KICK	1	9:15-10:15am	Lori
Vinyasa Power Flow Yoga	2	9:15-10:15am	Heather
Freestyle Kickboxing	1	12:15-1:15pm	Ricki
GROUP POWER	1	4:30-5:30pm	Kristina
Awesome Abs	2	5:00-5:25pm	Greg
Zumba	1	5:30-6:30pm	NaNet
Cycling (90)	C	5:30-6:15pm	Greg
Yoga All Levels	2	6:30-7:30pm	Kendra
TUESDAY			
CLASS		TIME	INSTRUCTOR
Silver Sneakers MSROM	1	8:00-9:00am	Sherri W.
GROUP POWER	1	9:15-10:15am	Kristina
Anusara™ Inspired Yoga Level 2	2	9:15-10:45am	Stacey
GROUP CENTERGY	1	10:15-11:15am	Paige
Awesome Abs	1	11:30-11:55am	Megan
GROUP POWER	1	12:15-1:15pm	Paige
GROUP POWER	1	5:30-6:30pm	Rachael
GROUP KICK	1	6:30-7:30pm	Mark
WEDNESDAY			
CLASS		TIME	INSTRUCTOR
Variety (Forever Fit)	1	8:00-9:00am	Rotate
willPower & grace™	1	9:15-10:15am	Kristina
Gentle Yoga	2	9:15-10:00am	Marianne
Fluid Power (Yoga)	2	10:15-11:15am	Marianne
GROUP KICK	1	12:15-1:15pm	Kelly
Cycling	C	12:15-1:00pm	Greg
GROUP POWER	1	4:30-5:30pm	Kelly
Awesome Abs	1	5:30-5:55pm	Lauren
Yoga All Levels	2	5:30-6:45pm	Kate

THURSDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:30-6:15am	Karen
Silver Sneakers MSROM	1	8:00-9:00am	Chelsea H.
Yoga All Levels	2	9:15-10:30am	Kim
GROUP POWER	1	9:15-10:15am	Alicia
GROUP CENTERGY	1	10:15-11:15am	Alicia
Awesome Abs	1	11:30-11:55am	Kristina
GROUP STEP	1	5:30-6:30pm	Christine
GROUP KICK	1	6:30-7:30pm	Lori L.
Anusara® Yoga for Climbers	2	6:30-7:30pm	Tomi
FRIDAY			
CLASS		TIME	INSTRUCTOR
Forever Fit	1	8:00-9:00am	Berny
Freestyle Kickboxing	1	9:15-10:15am	Ricki
Awesome Abs	1	10:15-10:40am	Ricki
Vinyasa Yoga	2	10:15-11:15am	Kendra
GROUP POWER	1	12:15-1:15pm	Paige
Beginning Yoga	2	4:30-5:30pm	Adriane
SATURDAY			
CLASS		TIME	INSTRUCTOR
Vinyasa Flow (Yoga)	2	9:00-10:15am	Kimberly
GROUP POWER	1	9:00-10:00am	Paige
Yoga Meditation	2	10:15-11:15am	Kimberly
GROUP KICK	1	10:00-11:00am	Jerry
SUNDAY			
CLASS		TIME	INSTRUCTOR
GROUP STEP	1	9:00-10:00am	Kristina
GROUP POWER	1	10:00-11:00am	Kristina
GROUP KICK	1	11:00-12:00pm	Lori L.
Yoga For Climbers	1	5:00-6:00pm	Danny

1 - Studio 1
2 - Studio 2
C - Cycling

🕒 Time Change
★ New Class



MIRAMONT
LIFESTYLE FITNESS

GREY BOXES INDICATE A CHANGE

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

ATTENTION: CLASS PARTICIPATION LOW

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!

