

GROUP FITNESS NORTH Schedule August 2010

MONDAY			
CLASS		TIME	INSTRUCTOR
Cardio/Strength	1	8:00—9:00am	Rose
GROUP KICK	1	9:15—10:15am	Lori
Fluid Power (Yoga)	2	9:15—10:15am	Marianne
GROUP KICK	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	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.
Pilates-Int. Mat	2	8:00—9:00am	Matt
GROUP POWER	1	9:15—10:15am	Kristina
Anusara™ Inspired Yoga Level 2	2	9:15—10:45am	Stacey
Awesome Abs (new instructor)	1	11:30-12:00pm	James
GROUP POWER	1	12:15—1:15pm	Paige
GROUP POWER	1	5:30—6:30pm	Rachael
GROUP CENTERGY	2	6:30—7:30pm	Rachael
GROUP KICK	1	6:30—7:30pm	Nancy
Yoga—All Levels	2	7:30—8:45pm	Tonya

WEDNESDAY			
CLASS		TIME	INSTRUCTOR
GROUP POWER	1	5:45—6:45am	Noelle
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	Tara
GROUP POWER	1	4:30—5:30pm	Kelly
Awesome Abs (new instructor)	1	5:30—6:00pm	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	11:30-12:00pm	James
GROUP STEP	1	5:30—6:30pm	Christine
Yoga for Climbers	2	6:30—7:30pm	Tomi

- 1 - Studio 1
- 2 - Studio 2
- C - Cycling
- MB - Mind/Body Studio

- 🕒 Time Change
- ★ New Class

GREY BOXES INDICATE A SCHEDULE CHANGE

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FRIDAY			
CLASS		TIME	INSTRUCTOR
LI / Strength (Forever Fit)	1	8:00—9:00am	Bery
GROUP KICK	1	9:15—10:15am	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
Cycling/ GROUP RIDE	C	9:00-9:50am	Dana/Jerry
Vinyasa Flow (Yoga)	2	9:00—10:15am	Kimberly
GROUP POWER	1	9:00—10:00am	Chelsea H.
Yoga Meditation	2	10:15-11:15am	Carrie
GROUP KICK	1	10:00-11:00am	Jerry
SUNDAY			
CLASS		TIME	INSTRUCTOR
Yoga All Levels	2	9:00—10:15am	Kim
GROUP STEP	1	9:00—10:00am	Nicole
GROUP POWER	1	10:00-11:00am	Lorri
GROUP KICK	1	11:00-12:00pm	Nancy
Yoga For Climbers	1	5:00—6:00pm	Danny

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
- MB - Mind/Body Studio

- Time Change
- New Class



MIRAMONT
LIFESTYLE FITNESS

GREY BOXES INDICATE A SCHEDULE CHANGE