

# GROUP FITNESS SOUTH Schedule August 2010

MONDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:15—5:55am	Dave
<b>GROUP RIDE</b>	C	6:00-7:00am	Karen H.
Sunrise Yoga	2	6:00—7:00am	Kathryn
Tai Chi	1	7:30—8:30am	Corrine
Intermediate Pilates	2	8:00—9:00am	Julie
Pilates-Basic Mat	2	9:15—10:15am	Julie
<b>GROUP POWER</b>	1	9:15—10:15am	Natalie
Cycling	C	9:15—10:15am	Kris L.
<b>GROUP POWER</b>	1	10:15-11:15am	Sandra
<b>GROUP CENTERGY</b>	2	10:15-11:15am	Trish
Tai Chi	1	11:30-12:30pm	Corrine
Silver Sneakers CC	2	11:45-12:45pm	Holly
Cycling	C	12:15-1:00pm	Cecilia
<b>GROUP POWER</b>	1	4:30—5:30pm	Bronwen
Awesome Abs	2	5:00—5:25pm	Shawna/Denise
<b>GROUP CENTERGY</b>	2	5:30—6:30pm	Denise
Step Challenge	1	5:30—6:15pm	Chelsea W.
Cycling	C	5:30—6:30pm	Jerry
<b>GROUP KICK</b>	1	6:15—7:15pm	Mark
Yoga Meditation	2	6:30-7:30pm	Melissa
Yoga Basics	2	7:30—8:30pm	Julie
TUESDAY			
CLASS		TIME	INSTRUCTOR
<b>GROUP POWER</b>	1	5:15—6:15am	Karen H.
Yoga (new instructor)	2	5:30-6:30am	Danny
Cycling	C	6:00—6:40am	Debby
<b>GROUP POWER</b>	1	6:15—7:15am	Dana
Forever Fit (Cycling 1st)	2	7:30—8:30am	Richard
<b>GROUP ACTIVE</b>	1	8:00—9:00am	Denise
Yoga All Levels	2	9:15—10:15am	Kim
Cycling	C	9:15—10:00am	Samuel
Step Challenge	1	9:15—10:00am	Anja
Awesome Abs	1	10:15-10:35am	Chris
Silver Sneakers MSROM	2	11:45-12:45pm	Julie
<b>GROUP POWER</b>	1	12:15—1:15pm	Alicia
Cardio Kick Boxing	1	5:30—6:30pm	Cat
Cycling	C	5:30—6:15pm	Meredith L
Guided Yoga Practice	2	6:00—7:15pm	Leah
<b>GROUP POWER</b>	1	6:30—7:30pm	Meghan

WEDNESDAY			
CLASS		TIME	INSTRUCTOR
<b>GROUP STEP</b>	1	5:45—6:45am	Kathy
Cycling	C	5:15—5:55am	Maria
Cycling	C	6:00—6:40am	Karen L.
Forever Fit (Chi Ball)	2	7:30—8:30am	Mary
Pilates-Basic Mat	1	8:00—9:00am	Hope
Restorative Yoga	2	9:15—10:15am	Terese
<b>GROUP POWER</b> (new instructor)	1	9:15—10:15am	Alicia
<b>GROUP KICK</b>	1	10:15-11:15am	Kelly
<b>GROUP CENTERGY</b>	2	10:15-11:15am	Trish
Silver Sneakers CC	2	11:45-12:45pm	Holly
Cycling	C	12:15—1:00pm	Greg
<b>GROUP POWER</b>	1	4:30—5:30pm	Lorri
Awesome Abs	2	5:00—5:25pm	Greg
<b>GROUP CENTERGY</b>	2	5:30—6:30pm	Denise
Cycling	C	5:30—6:30pm	Natalie
Beginning Yoga	2	6:30—7:30pm	Adriane
THURSDAY			
CLASS		TIME	INSTRUCTOR
<b>GROUP POWER</b>	1	5:15—6:15am	Jerry
Cycling	C	6:00—7:00am	Dave
<b>GROUP POWER</b>	1	6:15—7:15am	Dustin
Forever Fit (Cycling 1st)	2	7:30—8:30am	Richard
<b>GROUP ACTIVE</b>	1	8:00—9:00am	Nicole
Anusara™ All levels Yoga	2	9:15—10:30am	Tomi
<b>GROUP STEP</b>	1	9:15—10:15am	Jill
Cycling	C	9:15—10:15am	Sandra
Awesome Abs	1	10:15-10:35am	Chris
Be Bad Hip Hop	1	10:45-11:45am	Gwenda
Silver Sneakers MS/ROM	2	11:45-12:45pm	Julie
<b>GROUP POWER</b>	1	12:15—1:15pm	Heather
<b>Zumba</b>	1	5:30—6:30pm	Cecilia
Guided Yoga Practice	2	6:00—7:00pm	Carrie

**GREY BOXES INDICATE A SCHEDULE CHANGE**

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

🕒 Time Change  
 ★ New Class

# GROUP FITNESS SOUTH August 2010 Schedule

FRIDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:15—5:55am	Dustin
<b>GROUP CENTERGY</b>	1	6:00—7:00am	Karen H.
Forever Fit	2	7:30—8:30am	Chelsea H.
Pilates Basic Mat	1	8:00—9:00am	Julie
Yoga for Fitness	2	9:15—10:15am	Terese
<b>GROUP POWER</b>	1	9:15—10:15am	Kelly
Cycling	C	9:15—10:15am	Kris
<b>GROUP CENTERGY</b>	2	10:15-11:15am	Julie
<b>Zumba</b>	1	10:15-11:15am	Alexandra
Silver Sneakers Yoga	2	11:45-12:45pm	Julie
Cycling	C	12:15—1:00pm	Raquel
<b>GROUP POWER</b>	1	4:30—5:30pm	Lorri
SATURDAY			
CLASS		TIME	INSTRUCTOR
<b>GROUP POWER</b>	1	7:00—8:00am	Karen H.
<b>GROUP KICK</b>	1	8:00—9:00am	Nancy
Nia ®	2	8:00—9:00am	NaNet
Cycling	C	8:00—9:00am	Meredith/Bobbie
<b>GROUP CENTERGY</b>	2	9:15—10:15am	Rachael
<b>GROUP POWER</b>	1	9:15—10:15am	Lori F.
<b>GROUP RIDE</b>	C	10:15-11:05am	Gael
Ebb & Flow Yoga	2	10:30-11:45am	David

SUNDAY			
CLASS		TIME	INSTRUCTOR
Vinyasa All Levels	2	9:00—10:10am	Melissa
<b>GROUP POWER</b>	1	9:00—10:00am	Christine/Jerry
Cycling	C	10:00-11:00am	Dave
<b>GROUP STEP</b>	1	10:00-11:00am	Jill/Kathy
<b>GROUP POWER</b>	1	5:00—6:00pm	Heather

**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

**GREY BOXES INDICATE A SCHEDULE CHANGE**

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

- 🕒 Time Change
- ★ New Class