

GROUP FITNESS SOUTH Schedule May 2011

MONDAY			
CLASS		TIME	INSTRUCTOR
Cycling	C	5:10—5:55am	Dave
GROUP STEP	1	5:45—6:45am	Torrie
Sunrise Yoga	2	6:00—7:00am	David
Tai Chi	2	7:30—8:30am	Corinne
Intermediate Pilates	1	8:00—9:00am	Julie
Pilates-Basic Mat	2	9:15—10:15am	Julie
GROUP POWER	1	9:15—10:15am	Kris B.
Cycling (90)	C	9:15—10:15am	Kris L.
GROUP POWER	1	10:15-11:15am	Sandra
GROUP CENTERGY	2	10:15-11:15am	Trish
Tai Chi	1	11:30-12:30pm	Corinne
Silver Sneakers CC	2	11:45-12:45pm	Chelsea H.
Cycling	C	12:15-1:00pm	Cecilia
GROUP POWER	1	4:30—5:30pm	TBA
Awesome Abs	2	5:00—5:25pm	Shawna/Denise
GROUP CENTERGY	2	5:30—6:30pm	Denise
Cycling	C	5:30—6:30pm	Jerry
GROUP KICK	1	5:30-6:30pm	Mark
Yoga Basics	2	6:30—7:30pm	Julie
TUESDAY			
CLASS		TIME	INSTRUCTOR
GROUP POWER	1	5:15—6:15am	Karen H.
Cycling	C	6:00—6:40am	Debby
GROUP POWER	1	6:15—7:15am	Dana
Forever Fit (Cycling 1st)	2	7:30—8:30am	Richard
GROUP ACTIVE	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
Nia® Dance Fusion	2	10:15-11:15am	NaNet
Silver Sneakers MSROM	2	11:45-12:45pm	Julie
GROUP POWER	1	12:15—1:15pm	Alicia
Cycling	C	5:30—6:15pm	Meredith L
GROUP KICK	1	5:30—6:30pm	Ricki
Guided Yoga Practice	2	6:00—7:15pm	Carrie
GROUP POWER	1	6:30—7:30pm	Meghan

WEDNESDAY			
CLASS		TIME	INSTRUCTOR
GROUP STEP	1	5:45—6:45am	Kathy
Cycling	C	5:15—5:55am	Maria
Cycling	C	6:00—6:40am	Karen L.
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
GROUP POWER	1	9:15—10:15am	Kris B.
GROUP CENTERGY	1	10:15-11:15am	Trish
Silver Sneakers CC	2	11:45-12:45pm	Bronwen
Cycling	C	12:15—1:00pm	Heather
GROUP POWER	1	4:30—5:30pm	Lorri
Awesome Abs	2	5:00—5:25pm	Natalie
Nia/Groove/Zumba	1	5:30-6:30pm	NaNet
GROUP CENTERGY	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
GROUP POWER	1	5:15—6:15am	Jerry
Cycling	C	6:00—6:40am	Dave
GROUP POWER	1	6:15—7:15am	Dustin
Forever Fit (Cycling 1st)	2	7:30—8:30am	Richard
GROUP ACTIVE	1	8:00—9:00am	Denise
Anusara® all Levels	2	9:15—10:15am	Tomi
GROUP STEP	1	9:15—10:15am	Jill
Cycling	C	9:15—10:15am	Sandra
Awesome Abs	1	10:15-10:35am	Chris
Silver Sneakers MS/ROM	2	11:45-12:45pm	Julie
GROUP POWER	1	12:15—1:15pm	Heather
Zumba	1	5:30—6:30pm	Cecilia
Guided Yoga Practice	2	6:00—7:00pm	Leah

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

GREY BOXES INDICATE A CHANGE

ATTENTION: CLASS PARTICIPATION LOW

- 1 - Studio 1
- 2 - Studio 2
- C - Cycling

⌚ Time Change
★ New Class

GROUP FITNESS SOUTH May 2011

Schedule

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

SUNDAY			
CLASS		TIME	INSTRUCTOR
Vinyasa Flow	2	9:00—10:10am	Maureen
GROUP POWER	1	9:00—10:00am	Christine/Jerry
Cycling	C	10:00-11:00am	Dave
GROUP STEP	1	10:00-11:00am	Jill/Kathy
Beginning Yoga	2	10:15-11:15am	Maureen
GROUP POWER	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

- 1 - Studio 1
- 2 - Studio 2
- C - Cycling

- Time Change
- New Class

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

GREY BOXES INDICATE A CHANGE

ATTENTION: CLASS PARTICIPATION LOW