

“What is” Group Series

New to Miramont? New to Group Fitness classes?
Ever wonder what these classes are all about?
Keep putting off attending a class?

Attend our next bimonthly “What is” Group Series



This “What is” Series will guide you through the experience of a Group Power, Group Kick, Group Step, Group Active or Group Centergy program.

World class instructors will take you through not just the moves, but teach you about technique, form, equipment, safety and what makes group fitness the most exciting form of fitness in the world.

 For each class you attend, earn 100 fitReward points.

Our “What is” Series is your key to a powerful new you!

Sunday, March 21 | North | Studio 1

Group Power	1:00 - 2:00 pm
Group Step	2:15 - 3:15 pm
Group Active	3:30 - 4:30 pm
Group Centergy	4:45 - 5:45 pm
Group Kick	6:00 - 7:00 pm

Sunday, March 28 | South | Studio 1

Group Power	1:00 - 2:00 pm
Group Step	2:15 - 3:15 pm
Group Active	3:30 - 4:30 pm
Group Centergy	4:45 - 5:45 pm
Group Kick	6:00 - 7:00 pm

Check out the “What is” Series schedule on www.miramontlifestyle.com

