



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A -9:00P
 (303) 463-7944

Mountainside Fitness Arvada

AUGUST 2010

Group Fitness/Cycle Schedule

Childcare Hours
 M-F 8:00A - 8:30P
 Sat 8:00A - 6:00P
 Sun 8:00A - 3:00P



| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|---|--|--|---|---|--|
| 1 8:30 Cycle-SB 9:00** Step-AJ 9:45** Athl Cond.-AJ | 2 5:30 Cycle-JA 5:30 Athletic Cond.-PB 8:15 Cardio Challenge 9:20 TBC-KR 9:15 Cycle-AJ 12:00 F.I.T.-AM 4:00* On The Ball-BH 4:30 Power Pump-BH 5:35 Latin Funk-AM 6:30 Cycle-JG | 3 5:30 Cycle-BC 8:15 TBC-BH 9:20 Athletic Cond.-PB 9:15 Cycle/Athl Interval-BH 12:15 Cyclades-AM 4:30 Step-AJ 5:35 TBC-KD 6:00 Cycle Sculpt-MR 6:35 FIT-AM | 4 5:30 Cycle-SB 5:30 Athletic Cond-JA 8:15 Cardio Sculpt-JW 9:20 Body Sculpt-KR 9:15 Cycle-MO 10:30 Cardio Kick Box-JA 12:00 Cycle-AJ 4:30 Body Sculpt-AJ 5:30 Cycle-JG 5:35 Cardio KickBox-NH 6:45 Zumba-DW | 5 5:30 Cycle-SG 8:15 Kick & Sculpt-BH 9:20 Athletic Cond-BH 10:15 Abs to the Core-BH 10:15 Cyclades-AM 4:00 Abs to the Core-BH 4:15 TBC-BH 6:00 Cycle-MR | 6 5:30 Cardio Challenge-AM 8:15 Step-GG 9:20 F.I.T.-AM 9:15 Cycle-AJ 10:20 TBC-PB 12:15 Cycle-SG 5:00 Cycle-TBD 5:00 Cardio Kick Box-JA | 7 8:00 TBC-MO 8:15 Cycle-SBowler 9:15 Step-GG 9:35 Cycle/Sculpt-MO |
| 8 8:30 Cycle-SB 9:00** Step-AJ 9:45** Athl Cond.-AJ | 9 5:30 Cycle-JA 5:30 Athletic Cond.-PB 8:15 Cardio Challenge 9:20 TBC-KR 9:15 Cycle-AJ 12:00 F.I.T.-AM 4:00* On The Ball-BH 4:30 Power Pump-BH 5:35 Latin Funk-AM 6:30 Cycle-JG 6:35 Balletone-AM | 10 5:30 Cycle-BC 8:15 TBC-BH 9:20 Athletic Cond.-PB 9:15 Cycle/Athl Interval-BH 12:15 Cyclades-AM 4:30 Step-AJ 5:35 TBC-KD 6:00 Cycle Sculpt-MR 6:35 FIT-AM | 11 5:30 Cycle-SB 5:30 Athletic Cond-JA 8:15 Cardio Sculpt-JW 9:20 Body Sculpt-KR 9:15 Cycle-MO 10:30 Cardio Kick Box-JA 12:00 Cycle-AJ 4:30 Body Sculpt-AJ 5:30 Cycle-JG 5:35 Cardio KickBox-NH 6:45 Zumba-DW | 12 5:30 Cycle-SG 8:15 Kick & Sculpt-BH 9:20 Athletic Cond-BH 10:15 Abs to the Core-BH 10:15 Cyclades-AM 4:00 Abs to the Core-BH 4:15 TBC-BH 6:00 Cycle-MR | 13 5:30 Cardio Challenge-AM 8:15 Step-GG 9:20 F.I.T.-AM 9:15 Cycle-AJ 10:20 TBC-PB 12:15 Cycle-SG 5:00 Cycle-TBD 5:00 Cardio Kick Box-JA | 14 8:00 TBC-MO 8:15 Cycle-SBowler 9:15 Step-GG 9:35 Cycle/Sculpt-MO 10:35 Balletone-AM |
| 15 8:30 Cycle-SB 9:00** Step-AJ 9:45** Athl Cond.-AJ | 16 5:30 Cycle-JA 5:30 Athletic Cond.-PB 8:15 Cardio Challenge 9:20 TBC-KR 9:15 Cycle-AJ 12:00 F.I.T.-AM 4:00* On The Ball-BH 4:30 Power Pump-BH 5:35 Latin Funk-AM 6:30 Cycle-JG 6:35 Balletone-AM | 17 5:30 Cycle-BC 8:15 TBC-BH 9:20 Athletic Cond.-PB 9:15 Cycle/Athl Interval-BH 12:15 Cyclades-AM 4:30 Step-AJ 5:35 TBC-KD 6:00 Cycle Sculpt-MR 6:35 FIT-AM | 18 5:30 Cycle-SB 5:30 Athletic Cond-JA 8:15 Cardio Sculpt-JW 9:20 Body Sculpt-KR 9:15 Cycle-MO 10:30 Cardio Kick Box-JA 12:00 Cycle-AJ 4:30 Body Sculpt-AJ 5:30 Cycle-JG 5:35 Cardio KickBox-NH 6:45 Zumba-DW | 19 5:30 Cycle-SG 8:15 Kick & Sculpt-BH 9:20 Athletic Cond-BH 10:15 Abs to the Core-BH 10:15 Cyclades-AM 4:00 Abs to the Core-BH 4:15 TBC-BH 6:00 Cycle-MR | 20 5:30 Cardio Challenge-AM 8:15 Step-GG 9:20 F.I.T.-AM 9:15 Cycle-AJ 10:20 TBC-PB 12:15 Cycle-SG 5:00 Cycle-TBD 5:00 Cardio Kick Box-JA | 21 8:00 TBC-MO 8:15 Cycle-SBowler 9:15 Step-GG 9:35 Cycle/Sculpt-MO 10:35 Balletone-AM |
| 22 8:30 Cycle-SB 9:00** Step-AJ 9:45** Athl Cond.-AJ | 23 5:30 Cycle-JA 5:30 Athletic Cond.-PB 8:15 Cardio Challenge 9:20 TBC-KR 9:15 Cycle-AJ 12:00 F.I.T.-AM 4:00* On The Ball-BH 4:30 Power Pump-BH 5:35 Latin Funk-AM 6:30 Cycle-JG 6:35 Balletone-AM | 24 5:30 Cycle-BC 8:15 TBC-BH 9:20 Athletic Cond.-PB 9:15 Cycle/Athl Interval-BH 12:15 Cyclades-AM 4:30 Step-AJ 5:35 TBC-KD 6:00 Cycle Sculpt-MR 6:35 FIT-AM | 25 5:30 Cycle-SB 5:30 Athletic Cond-JA 8:15 Cardio Sculpt-JW 9:20 Body Sculpt-KR 9:15 Cycle-MO 10:30 Cardio Kick Box-JA 12:00 Cycle-AJ 4:30 Body Sculpt-AJ 5:30 Cycle-JG 5:35 Cardio KickBox-NH 6:45 Zumba-DW | 26 5:30 Cycle-SG 8:15 Kick & Sculpt-BH 9:20 Athletic Cond-BH 10:15 Abs to the Core-BH 10:15 Cyclades-AM 4:00 Abs to the Core-BH 4:15 TBC-BH 6:00 Cycle-MR | 27 5:30 Cardio Challenge-AM 8:15 Step-GG 9:20 F.I.T.-AM 9:15 Cycle-AJ 10:20 TBC-PB 12:15 Cycle-SG 5:00 Cycle-TBD 5:00 Cardio Kick Box-JA | 28 8:00 TBC-MO 8:15 Cycle-SBowler 9:15 Step-GG 9:35 Cycle/Sculpt-MO 10:35 Balletone-AM |
| 29 8:30 Cycle-SB 9:00** Step-AJ 9:45** Athl Cond.-AJ | 30 5:30 Cycle-JA 5:30 Athletic Cond.-PB 8:15 Cardio Challenge 9:20 TBC-KR 9:15 Cycle-AJ 12:00 F.I.T.-AM 4:00* On The Ball-BH 4:30 Power Pump-BH 5:35 Latin Funk-AM 6:30 Cycle-JG 6:35 Balletone-AM | 31 5:30 Cycle-BC 8:15 TBC-BH 9:20 Athletic Cond.-PB 9:15 Cycle/Athl Interval-BH 12:15 Cyclades-AM 4:30 Step-AJ 5:35 TBC-KD 6:00 Cycle Sculpt-MR 6:35 FIT-AM | | Instructor Key: AJ-Allison AM-Amy BC-Brooke BH-Becky DW-Devon GG-Gloria JA-Jill JG-Judy JW-Jessica KD-Kim | KR-Kathy MC-Michael MO-Meagan MR-Mike NH-Natalie PB-Paula PC-Pat PB-Paula SG-Scott SB-Sue SBowler-Sue TS-Tracy | Schedule subject to change without notice *30 minutes **45 minutes <u>Underlined=Fee required</u> |

ATTENTION MOUNTAINSIDE MEMBERS AND GUESTS! You can now book your massage appointments online at <http://www.mattschaub.massagetherapy.com/> LOG ON AND BOOK YOUR NEXT MASSAGE TODAY!

Class Schedules may be Found online at:
WWW.MOUNTAINSIDEFITNESS.COM
 Club located at 15530 W. 64th Ave Unit E-F
 Arvada, CO 80007
 Phone: 303-463-7944

Athletic Director: Becky Hamm: beckyh@mountainsidefitness.com



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Mountainside Fitness Arvada

AUGUST 2010 Group Fitness/Cycle Class Descriptions

Childcare Hours
 M-F 8:00A - 8:30P
 Sat 8:00A - 6:00P
 Sun 8:00A - 3:00P



| CLASS | LEVEL | DURATION | DESCRIPTION |
|--------------------------|--------------|------------------|---|
| STEP CLASSES | | | |
| Step | Intermediate | 60 min | Intermediate step combinations for a great cardio workout |
| Step and Sculpt | All Levels | 60 min. | Choreographer Step Drills combining strength exercises using various resistance tools. |
| CARDIO CLASSES | | | |
| Athletic Cond. | Intermediate | 60 min. | Sports specific drills, ply metric, cardio drills, and resistance training designed to improve power, strength and endurance |
| Cardio Kick box | Intermediate | 60 min. | A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills. |
| Cardio BOSU | Intermediate | 60 min. | Using easy to follow step combinations and athletic drills this class will require you to engage core stabilizing muscles you didn't even know you had. |
| Circuit Training | All Levels | 60 min. | A combination of cardio and strength moves with either weights, bands or balls for the ultimate fat burning workout. |
| TBC | All Levels | 60 min. | Total body conditioning is a minimal choreography, maximal results class. Improve cardiovascular and muscular endurance in this fun yet challenging class |
| SPECIALTY CLASSES | | | |
| Kick & Sculpt | All Levels | 60 min. | High energy kickboxing drills with intervals of strength. |
| Zumba | All Levels | 45 min 60 min | Dance your way to a fitter you. Exciting and unique Latin moves and rhythms in an easy to follow format. |
| Abs to the Core | All Levels | 15/30 min. | Non-stop abdominal work. |
| Muscle | All Levels | 60 min. | This class focuses on muscular endurance to strengthen and define both the upper and lower body muscles utilizing assorted resistance tools. |
| On the Ball | All Levels | 15/30 min. | Improve balance and core strength using the stability ball, bosu and medicine ball. |
| Power Pump | All Levels | 60 min. | Build muscular endurance and increase strength using body bars, weights and a variety of resistance tools. |
| Latin/Funk | All Levels | 60 min. | Come learn a fun high energy routine to a Latin/funk beat |
| Body sculpt | All Levels | 60 min. | Spend an hour toning and conditioning upper and lower body muscles utilizing assorted resistance tools. |
| BOSU Sculpt | All Levels | 60 min. | Strengthen and tone your upper and lower body muscle groups while challenging your core strength and stability. |
| F.I.T. | All Levels | 60 min. | Functional Interval Training: Incorporating weights and resistance tools into movements and exercises that will make you stronger for everyday activities |
| CYCLE CLASSES | | | |
| Cycle/Sculpt | All Levels | 60 min. | A combo of high energy cycle and weight training |
| Imax | All Levels | 60 min. | Come enjoy a cycle class using energetic videos to help guide you |
| Cyclates | All Levels | 60 min. | A class beginning with a great cardio workout on the spin bike and finishing with Pilates. |

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Arvada, CO 80007

Athletic Director Becky Hamm beckyh@mountainsidefitness.com