



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
AUGUST2010
Mind/Body 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 9:00 Power Yoga-LD 10:15 Yoga Flow-LD	2 7:00 Nia-MM 9:00 Yoga-AT 10:15 PiYo-AM 5:45 Power Yoga-KS 6:35 Balletone-AM (Group Fit Room)	3 5:30 PiYo-AM 7:00 Power Yoga-AT 8:45 Yoga-AW 10:00 Cardio Yoga Motion-MR 12:15 Cyclades-AM 5:30 Yoga-AM 6:45 Mat Pilates-JA	4 7:00 Nia-MM 9:00 Yoga-AT 10:15 Mat Pilates-AM 5:45 PiYo-AM 7:00 Restorative Yoga-AM	5 5:30 PiYo-AM 7:00 Power Yoga-AT 9:00 Balletone-MR 10:00 PiYo-MR 10:15 Cyclades-AM 5:30 Power Yoga-KS 6:45 Mat Pilates-AM	6 9:00 Yoga-DW 10:15 Mat Pilates-AM	7 8:30 Pilates-AM 9:35 Beginning Yoga-AM 10:35 Balletone-AM (Group Fit Room)
8 9:00 Power Yoga-LD 10:15 Yoga Flow-LD	9 7:00 Nia-MM 9:00 Yoga-AT 10:15 PiYo-AM 5:45 Power Yoga-KS 6:35 Balletone-AM (Group Fit Room)	10 5:30 PiYo-AM 7:00 Power Yoga-AT 8:45 Yoga-AW 10:00 Cardio Yoga Motion-MR 12:15 Cyclades-AM 5:30 Yoga-AM 6:45 Mat Pilates-JA	11 7:00 Nia-MM 9:00 Yoga-AT 10:15 Mat Pilates-AM 5:45 PiYo-AM 7:00 Restorative Yoga-AM	12 5:30 PiYo-AM 7:00 Power Yoga-AT 9:00 Balletone-MR 10:00 PiYo-MR 10:15 Cyclades-AM 5:30 Power Yoga-KS 6:45 Mat Pilates-AM	13 9:00 Yoga-DW 10:15 Mat Pilates-AM	14 8:30 Pilates-AM 9:35 Beginning Yoga-AM 10:35 Balletone-AM (Group Fit Room)
15 9:00 Power Yoga-LD 10:15 Yoga Flow-LD	16 7:00 Nia-MM 9:00 Yoga-AT 10:15 PiYo-AM 5:45 Power Yoga-KS 6:35 Balletone-AM (Group Fit Room)	17 5:30 PiYo-AM 7:00 Power Yoga-AT 8:45 Yoga-AW 10:00 Cardio Yoga Motion-MR 12:15 Cyclades-AM 5:30 Yoga-AM 6:45 Mat Pilates-JA	18 7:00 Nia-MM 9:00 Yoga-AT 10:15 Mat Pilates-AM 5:45 PiYo-AM 7:00 Restorative Yoga-AM	19 5:30 PiYo-AM 7:00 Power Yoga-AT 9:00 Balletone-MR 10:00 PiYo-MR 10:15 Cyclades-AM 5:30 Power Yoga-KS 6:45 Mat Pilates-AM	20 9:00 Yoga-DW 10:15 Mat Pilates-AM	21 8:30 Pilates-AM 9:35 Beginning Yoga-AM 10:35 Balletone-AM (Group Fit Room)
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29 9:00 Power Yoga-LD 10:15 Yoga Flow-LD	30 7:00 Nia-MM 9:00 Yoga-AT 10:15 PiYo-AM 5:45 Power Yoga-KS 6:35 Balletone-AM (Group Fit Room)	31 5:30 PiYo-AM 7:00 Power Yoga-AT 8:45 Yoga-AW 10:00 Cardio Yoga Motion-MR 12:15 Cyclades-AM 5:30 Yoga-AM 6:45 Mat Pilates-JA		Instructor Key: AM-Amy AT-Andrea AW-Alisha CW-Cori DW-Devon JA-Jill KS-Karl LD-Lauren MM-Michaun MR-Melissa MS-Megan	NEW CLASSES Mon and Wed 7:00 am Nia w/ Michaun Tues and Thurs 7:00 am Power Yoga w/Andrea	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



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Mountainside Fitness Arvada AUGUST 2010 Mind/Body Class Descriptions

Childcare
Hours
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Sun 8:00A - 3:00P



CLASS	LEVEL	DURATION	DESCRIPTION
YOGA CLASSES			
Yoga	All Levels	60 min.	A dynamic approach to functional balance, strength and flexibility. Enhance body awareness with this mind/body experience.
Yoga Flow	All Levels	60 min.	Challenge strength, balance and flexibility through fluid connection of poses.
Family Yoga	Ages 8 up.	45 min.	This is a great way for the whole family to be active together.
Core Yoga	All Levels	60 min.	Come and get a great combination of yoga and core work.
Power Yoga	All Levels	60 min.	Take your practice to the next level by incorporate strength, balance and flexibility while improving body awareness.
PiYo	All Levels	60 min.	A combination of Pilates and Yoga moves that will strengthen and lengthen your muscles and increase your body awareness.
Restorative Yoga	All Levels	60 min.	Focus on healing the body, utilize the power of the mind, lengthen your muscles, and improve flexibility and range of motion.
PILATES CLASSES			
Mat Pilates	All Levels	60 min.	Increase body awareness and improve your posture with exercises that focus on your abdominals and back, but plan to use your whole body and mind.
Cyclades	All Levels	60 min.	30 minutes of cycle followed by 30 minutes of Pilates. A class beginning with a great cardio workout on the spin bike and finishing with Pilates.
PiYo	All Levels	60 min.	A combination of Pilates and Yoga moves that will strengthen and lengthen your muscles and increase your body awareness.
Pilates Pulse	All Levels	60 min.	A combination of vertical and mat Pilates utilizing various tools such as small hand weights, stability balls, Pilates rings, and yoga blocks.
SPECIALTY CLASSES			
Cardio Yoga Motion	All Levels	60 min.	Come and try this new format and get your cardiovascular training in while using yoga moves combined with dance motions.
Balletone	All Levels	60 min.	A fusion style conditioning program designed specifically for the non-dancer, blending training techniques drawn from dance, Pilates, and fitness. Balletone is a fun, invigorating workout to develop core strength, muscular endurance, balance, and flexibility without the use of equipment or props.
Nia	All Levels	60 min.	Nia blends dance, martial arts, and healing arts to create a dynamic fitness and life-style practice that changes how people experience their body and their exercise. Come dance, kick, stretch, and laugh with us! Beginners welcome!

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Arvada, CO 80007

Athletic Director Becky Hamm-beckyh@mountainsidefitness.com