



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat&Sun 6:00A-9:00P
 (623) 587-9977

Mountainside Fitness Centers Carefree
FEBRUARY 2012 Group Fitness Schedule

Childcare Hours
 M-F 7:30A - 8:30P
 Sat 8:00A - 6:00P
 Sun 8:00A - 3:00P



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Instructor Key AS- Amanda AK-Allison AB-Anette BW-Brianna BM-Brannan CN-Christina EJ-Emily JC-Jennifer	HH-Holly JK-Justina JW-Julie JM-Jill KD-Kirsten KC-Katy LK-Lorrie LR-Liz	MB-Mike MJ-Michelle NM-Nicole RE-Rebecca RF-Robyn SC-Sandybell SL-Sarah WS-Wendy	Cycle reservations are required. Sign up for cycle at the front desk 30 minutes prior to class time. Space is limited!!	PLEASE SEE CLASS DESCRIPTIONS ON PAGE 2...	All classes are 55min unless indicated by a Symbol Key * 30 Minutes **45 Minutes # Basketball Court	**** CYCLE II *** Saturdays 8:15AM Advanced cycle Not Recommended For Beginners
			1 AM 8:45 Zumba-AK 9:45 Muscle-MJ 10:45 Fitness 101-JM 9:00 Cycle-JM 5:00 Abs & Buns*-JK 5:30 TBC-JK 6:30 Muscle**-JK 7:15 Zumba-LR 6:00 Cycle-JC	2 AM 5:30 Cycle- JC 9:00 TBC-JW 10:00 Cardio Bellydance-SC 9:00 Cycle-AS 11:00 HOT MOMMY BOOTCAMP 6:00 Cycle-LK 5:30 TBC-SL 6:30 Zumba-KC 7:30 BOOTCAMP	3 8:30 Abs & Buns*AS 9:00 Cardio Box**MJ 9:45 Muscle-AS 10:45 Zumba-LR 9:00 Cycle-BM PM 4:30 Cycle-LK 5:30 Muscle-LK	4 AM 8:15 Cycle II -JC 9:30 Cycle-MJ 8:15 TBC-SC 09:15 Zumba-LR 10:15 Muscle-JK
5 AM 8:00 Cycle-LK 9:00 Cycle-LK 10:00 TBC-LK 11:00 Zumba Mix-Jacky	6 8:45 Step & Sculpt-EJ 9:45 Muscle- AS 10:45 Fitness 101-LK 9:00 Cycle-KD 4:30 On the Ball**-RF 5:30 Muscle**-BW 6:15 TBC-BW 7:15 Zumba-KC 4:30 Cycle-LK 5:30 Cycle-JK 6:30 Cycle II-ST	7 5:30 TBC-NM 5:30 Cycle- MB 9:00 TBC-AS 10:00 Zumba Toning-KC 9:00 Cycle-BM 11:00 HOT MOMMY BOOTCAMP 5:30 Muscle-AB 6:30 Cardio Box-AB 6:00 Cycle-WS 7:30 BOOTCAMP	8 AM 8:45 Zumba-AK 9:45 Muscle-MJ 10:45 Fitness 101-JM 9:00 Cycle-JM 5:00 Abs & Buns*-JK 5:30 TBC-JK 6:30 Muscle**-JK 7:15 Zumba-LR 6:00 Cycle-JC	9 AM 5:30 Cycle- JC 9:00 TBC-JW 10:00 Cardio Bellydance-SC 9:00 Cycle-JK 11:00 HOT MOMMY BOOTCAMP 6:00 Cycle-LK 5:30 TBC-SL 6:30 Zumba-KC 7:30 BOOTCAMP	10 8:30 Abs & Buns*AS 9:00 Cardio Box**MJ 9:45 Muscle-AS 10:45 Zumba-LR 9:00 Cycle-BM PM 4:30 Cycle-LK 5:30 Muscle-LK	11 AM 8:15 Cycle II -JC 9:30 Cycle-MJ 8:15 TBC-SC 09:15 Zumba-LR 10:15 Muscle-JK
12 8:00 Cycle-LK 9:00 Cycle-LK 10:00 TBC-LK	13 8:45 Step & Sculpt-EJ 9:45 Muscle- AS 10:45 Fitness 101-LK 9:00 Cycle-KD 4:30 On the Ball**-RF 5:30 Muscle**-BW 6:15 TBC-BW 7:15 Zumba-KC 4:30 Cycle-LK 5:30 Cycle-JK 6:30 Cycle II-ST	14 5:30 TBC-NM 5:30 Cycle- MB 9:00 TBC-AS 10:00 Zumba Toning-KC 9:00 Cycle-BM 11:00 HOT MOMMY BOOTCAMP 5:30 Muscle-AB 6:30 Cardio Box-AB 6:00 Cycle-WS 7:30 BOOTCAMP	15 8:45 Zumba-AK 9:45 Muscle-MJ 10:45 Fitness 101-JM 9:00 Cycle-JM 5:00 Abs & Buns*-JK 5:30 TBC-JK 6:30 Muscle**-JK 7:15 Zumba-LR 6:00 Cycle-JC	16 AM 5:30 Cycle- JC 9:00 TBC-JW 10:00 Cardio Bellydance-SC 9:00 Cycle-AS 11:00 HOT MOMMY BOOTCAMP 6:00 Cycle-LK 5:30 TBC-SL 6:30 Zumba-KC 7:30 BOOTCAMP	17 8:30 Abs & Buns*AS 9:00 Cardio Box**MJ 9:45 Muscle-AS 10:45 Zumba-LR 9:00 Cycle-BM PM 4:30 Cycle-LK 5:30 Muscle-LK	18 AM 8:15 Cycle II-JC 9:30 Cycle-MJ 8:15 TBC-SC 9:15 Zumba-LR 10:15 Muscle-JK
19 AM 8:00 Cycle-LK 9:00 Cycle-LK 10:00 TBC-LK 11:00 Zumba Mix-Jacky	20 8:45 Step & Sculpt-EJ 9:45 Muscle- AS 10:45 Fitness 101-LK 9:00 Cycle-KD 4:30 On the Ball**-RF 5:30 Muscle**-BW 6:15 TBC-BW 7:15 Zumba-KC 4:30 Cycle-LK 5:30 Cycle-JK 6:30 Cycle II-ST	21 5:30 TBC-NM 5:30 Cycle-MB 9:00 TBC-AS 10:00 Zumba Toning-KC 9:00 Cycle-BM 11:00 HOT MOMMY BOOTCAMP 5:30 Muscle-AB 6:30 Cardio box-AB 6:00 Cycle-WS 7:30 BOOTCAMP	22 8:45 Zumba-AK 9:45 Muscle-MJ 10:45 Fitness 101-JM 9:00 Cycle-JM 5:00 Abs & Buns*-JK 5:30 TBC-JK 6:30 Muscle**-JK 7:15 Zumba-LR 6:00 Cycle-JC	23 AM 5:30 Cycle- JC 9:00 TBC-JW 10:00 Cardio Bellydance-SC 9:00 Cycle-JK 11:00 HOT MOMMY BOOTCAMP 6:00 Cycle-LK 5:30 TBC-SL 6:30 Zumba-KC 7:30 BOOTCAMP	24 8:30 Abs & Buns*AS 9:00 Cardio Box**MJ 9:45 Muscle-AS 10:45 Zumba-LR 9:00 Cycle-BM PM 4:30 Cycle-LK 5:30 Muscle-LK	25 AM 8:15 Cycle II-JC 9:30 Cycle-MJ 8:15 TBC-Amanda 9:15 Zumba-LR 10:15 Muscle-JK
26 AM 8:00 Cycle-LK 9:00 Cycle-LK 10:00 TBC-LK	27 8:45 Step & Sculpt-EJ 9:45 Muscle- AS 10:45 Fitness 101-LK 9:00 Cycle-KD 4:30 On the Ball**-RF 5:30 Muscle**-BW 6:15 TBC-BW 7:15 Zumba-KC 4:30 Cycle-LK 5:30 Cycle-JK 6:30 Cycle II-ST	28 5:30 TBC-NM 5:30 Cycle-MB 9:00 TBC-AS 10:00 Zumba Toning-KC 9:00 Cycle-BM 5:30 Muscle-Sandybell 6:30 Cardio box-Amanda 6:00 Cycle-WS 7:30 BOOTCAMP	29 8:45 Zumba-AK 9:45 Muscle-MJ 10:45 Fitness 101-JM 9:00 Cycle-JM 5:00 Abs & Buns*-JK 5:30 TBC-JK 6:30 Muscle**-JK 7:15 Zumba-LR 6:00 Cycle-JC			

Class	Level	Description
STEP CLASSES		
Step & Sculpt	Intermediate	Intermediate step combinations with intervals of strength segments.
CARDIO CLASSES		
Cardio Kickbox	Intermediate	A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills.
TBC	Intermediate	Total body conditioning is a minimal choreography, maximal results class. Improve cardiovascular and muscular endurance in this fun yet challenging class
SPECIALTY CLASSES		
Exercise 101	Beginner	Back to the basic movements of step, hi/lo and muscle classes to improve cardiovascular and muscular endurance.
Zumba	All Levels	Dance your way to a fitter you. Exciting and unique Latin moves and rhythms in an easy to follow format.
Zumba Mix/Toning	All Levels	Zumba class with some toning segments using zumba toning sticks...
Zumbatomic (ages 4-6 & 6-11)	<i>Paid program</i>	<i>Zumba for kids! Learn a new routine each month... see childcare for more details</i>
STRENGTH TRAINING CLASSES		
Abs & Buns	All Levels	Strength training using various resistance tools targeting your abdominal region and glutes.
Upper Body Blast	All Levels	Strength training using various resistance tools targeting your upper body.
Muscle	All Levels	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	Improve balance and core strength using the stability ball, bosu and medicine ball.
CYCLE CLASSES		
<i>Sign up at the front desk prior to class.</i>		
Cycle	All Levels	This instructor led indoor cycling class can burn 300-600 calories per session by incorporating strength, endurance and anaerobic intervals. Bring a towel and water bottle and be prepared to sweat. Sign up required.
Advanced Cycle	Advanced	This one hour class gives you the mental training techniques along with a challenging ride. Lights will be on and heart rate monitors are highly recommended.
Cycle Imax	All Levels	Beat the heat and take your outdoor ride inside and enjoy a variety of fun scenery. Instruction by video-No instructor
PAID PROGRAMS SIGN UP AT THE FRONT DESK - SEE FRONT DESK FOR NEXT STARTING DATES		
TRX CAMP		
Saturdays		Train in a small group of 6 Max with TRX Suspension bands.. Small spurts of interval training using kettle bells, steps & skipping ropes completes this intense workout
\$49 Members		11AM-11:45AM
\$59 Non-Members		
(4 weeks)		
NIGHT TRAINING		This dynamic team of trainers will help you train more efficient and at your optimum level
CAMP		Be ready to be pushed out of your comfort some.. Cross training - TRX and interval workouts will keep you challenged and help you get results.
\$99 Members		
\$120 Non-Members		TUESDAYS & THURSDAYS 7:30PM - 8:30PM
(6 WEEK PROGRAM)		FRIDAYS 6:30PM-7:30PM
EARLY AM		Do you need a push in the morning? This cross training workout incorporates cardiovascular strength training, leaving you pumped up for the rest of the day!!
TRAINING CAMP		
(4 WEEKS)		
MON & WED	5:30AM-	
\$60 Members	6:30AM	
\$85 Non-Members		
KIDS CLASSES		
Fit Kids	Ages 3-5	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.