



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
SEPTEMBER 2010 Mind Body 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 BC- Brooke CF-Claudia CA-Cindi GA-Gloria JK-Justina LK-Lorrie ME-Melissa NE-Naydine	Instructor Key PZ-Paulina RC-Rene RP-Robbie SE-Shannon	All classes are 55min	SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE	<u>Fee required for underlined and italicized classes</u>		
			1 AM 5:30 Yoga- BC 9:00 Yoga 101-CF 10:00 Power Yoga-CF PM 6:00 Yoga 101-RC 7:15 Yogalates-BC	2 AM 8:45 Yoga-RC 10:00 Mat Pilates-NE 11:00 Gentle Yoga-RP PM 5:00 Pilates(restore)LK 6:15 Candlelight Yoga RP 7:30 Mat Pilates-BC	3 AM 5:30 Mat Pilates-CA 9:00 Yogalates-CF 10:00 Power Yoga-CF 4:00 Karate 5:30 Power Yoga-SE 6:30 Gentle Yoga-BC	4 AM 8:00 Mat Pilates-NE 9:00 Yoga Flow-CF
5 AM 9:00 Yoga 101-RC 10:15 Power Yoga-RC PM 6:00 Restorative Yin Yoga-GA	6 PUBLIC HOLIDAY CLUB HOURS: 6AM-2PM AM 9:00 Mat Pilates-NE 10:05 Yoga - RP	7 AM 8:45 Yoga- RP 10:00 Mat Pilates-NE 11:00 Yoga Flow-RC PM 5:30 Power Yoga-PZ 6:30 Candlelight Yoga -RP	8 AM 5:30 Yoga- BC 9:00 Yoga 101-CF 10:00 Power Yoga-CF PM 6:00 Yoga 101-RC 7:15 Yogalates-BC	9 AM 8:45 Yoga-RC 10:00 Mat Pilates-NE 11:00 Gentle Yoga-RP PM 5:00 Pilates(restore)-LK 6:15 Candlelight Yoga RP 7:30 Mat Pilates-BC	10 AM 5:30 Mat Pilates-CA 9:00 Yogalates-CF 10:00 Power Yoga-CF 4:00 Karate 5:30 Power Yoga- SE 6:30 Gentle Yoga-BC	11 AM 8:00 Mat Pilates-NE 9:00 Yoga Flow-CF 10:15 Family Yoga (30min)-RP 11:00 Family Yoga (30min)-RP
12 AM 9:00 Yoga 101-RC 10:15 Power Yoga-RC PM 6:00 Restorative Yin Yoga-GA	13 AM 5:30 Yoga- BC 9:00 Mat Pilates-NE 10:05 Yoga - RP PM 5:00 Yoga-RP 6:15 Mat Pilates-BC 7:30 Yoga 101-JK	14 AM 8:45 Yoga- RP 10:00 Mat Pilates-NE 11:00 Yoga Flow-RC PM 5:30 Power Yoga-PZ 6:30 Candlelight Yoga -RP	15 AM 5:30 Yoga- BC 9:00 Yoga 101-CF 10:00 Power Yoga-CF PM 6:00 Yoga 101-RC 7:15 Yogalates-BC	16 AM 8:45 Yoga-RC 10:00 Mat Pilates-NE 11:00 GentleYoga-SE PM 5:00 Pilates(restore)-LK 6:15 Mat Pilates-CA 7:30 Mat Pilates-BC	17 AM 5:30 Mat Pilates-CA 9:00 Yogalates-CF 10:00 Power Yoga-CF 4:00 Karate 5:30 Power Yoga- SE 6:30 Gentle Yoga-BC	18 AM 8:00 Mat Pilates-NE 9:00 Yoga Flow-CF
19 AM 9:00 Yoga 101-RC 10:15 Power Yoga-RC PM 6:00 Restorative Yin Yoga-GA	20 AM 5:30 Yoga- BC 9:00 Mat Pilates-NE 10:05 Yoga-SE PM 5:00 Yoga-CF 6:15 Mat Pilates-BC 7:30 Yoga 101-JK	21 AM 8:45 Yoga-RP 10:00 Mat Pilates-NE 11:00 Yoga Flow-RC PM 5:30 Power Yoga-PZ 6:30 Candlelight Yoga -RP	22 AM 5:30 Yoga- BC 9:00 Yoga 101-CF 10:00 Power Yoga-CF PM 6:00 Yoga 101-RC 7:15 Yogalates-BC	23 AM 8:45 Yoga-RC 10:00 Mat Pilates-NE 11:00 GentleYoga-RP PM 5:00 Pilates(restore)-LK 6:15 Candlelight Yoga RP 7:30 Mat Pilates-BC	24 AM 5:30 Mat Pilates-CA 9:00 Yogalates-CF 10:00 Power Yoga-CF 4:00 Karate 5:30 Power Yoga-SE 6:30 Gentle Yoga-BC	25 AM 8:00 Mat Pilates-NE 9:00 Yoga Flow-CF
26 AM 9:00 Yoga 101-RC 10:15 Power Yoga-RC PM 6:00 Restorative Yin Yoga-GA	27 AM 5:30 Yoga- BC 9:00 Mat Pilates-NE 10:05 Yoga-RP PM 5:00 Yoga-RP 6:15 Mat Pilates-BC 7:30 Yoga 101-JK	28 AM 8:45 Yoga-RP 10:00 Mat Pilates-NE 11:00 Yoga Flow-RC PM 5:30 Power Yoga-RC 6:30 Candlelight Yoga -RP	29 AM 5:30 Yoga- BC 9:00 Yoga 101-CF 10:00 Power Yoga-CF PM 6:00 Yoga 101-RC 7:15 Yogalates-BC	30 AM 8:45 Yoga-RC 10:00 Mat Pilates-NE 11:00 GentleYoga-RP PM 5:00 Pilates(restore)-LK 6:15 Candlelight Yoga RP 7:30 Mat Pilates-BC		

Class	Level	Description
STEP CLASSES		
Step I	Beginner	Learn basic step moves in easy to follow combinations.
Step II	Intermediate	Intermediate step combinations for a great cardio workout.
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.
Athletic Conditioning	Intermediate	Sports specific drills, ply metrics and resistance training designed to improve power, strength and endurance.
Hi/Low	All Levels	Lo-impact and Hi-impact athletic drills put together into easy to follow combinations
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		
Cardio Hip Hop	All Levels	A fun, energetic dance class that teaches the basic hip hop moves and turns them into a new dance each class.
Zumba	All Levels	Dance your way to a fitter you. Exciting and unique Latin moves and rhythms in an easy to follow format.
STRENGTH TRAINING CLASSES		
Abs to the core	All Levels	Target the abdominals and lower back to improve core strength.
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 101	Beginner	Learn proper bike set up and the basic fundamentals of cycling. Sign up required.
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.
Cycle Imax	All Levels	Beat the heat and take your outdoor ride inside and enjoy a variety of fun scenery. Sign up required.
YOGA & PILATES CLASSES		
Yoga 101	Beginner/All	Learn alignment of basic yoga postures in a slower paced class while increasing strength, flexibility and range of motion
Yoga	All Levels	Designed for all levels allowing you to move at your own pace without judgment or competition. Some knowledge of basic poses preferred
Gentle/Restorative	All Levels	Learn to relax, connect with your breath and release body tension while stretching with assistance of props
Power Yoga	Intermediate	Take your practice to the next level through challenging sequences that include standing poses, arm balances and inversions
Candlelight Yoga	All Levels	A relaxing candle-lit atmosphere to provide a calming, yet challenging practice.
Yin	All Levels	Deep stretching practice designed to work beneath muscles by using long static holds and little muscular energy
Yoga Flow	Intermediate	Expand your practise by learning to incorporate "vinyasa" movement while building strength and flexibility
Yogalates	All Levels	Experience the benefits of yoga and Pilates fused into one class.
Mat Pilates	All Levels	Increases body awareness and improve your posture with exercises that focus on your abdominals and back, but plan to use your whole body and mind.
KIDS CLASSES		
Fit Kids	Ages 3-5	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.