






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 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 CF-Claudia CA-Cindi GA-Gloria GE-Geoff JK-Justina J-Jennifer JM-Jill LK-Lorrie	Instructor Key MJ-Michelle RC-Rene RP-Robbie RF-Robyn SN-Seth	All classes are 55min unless indicated by a Symbol Key ***75 Minutes	PLEASE SEE CLASS DESCRIPTIONS ON PAGE 2	SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE	<u>Fee required for underlined and italicized classes</u> <u>See Front desk For details</u>	
		TIME CHANGE TUESDAYS HAPPY YOGA 6:45PM	1 AM 5:30 Heated Yoga Flow-RC 9:00 Yoga 101-SN 10:00 Power Yoga***-SN PM 6:00 Heated Yoga***-RC	2 AM 8:45 Yoga-RC 10:00 Mat Pilates-CA 11:30 Prenatal Yoga PM 5:00 Pilates/Stretch-LK 6:00 Candlelight Yoga JK	3 AM 9:00 Yoga 101-CF 10:00 (Heated) Power Yoga*** CF 4:00 Karate 6:30 Pilates/Stretch LK	4 AM 9:00 Yoga Flow***-CF
5 AM 9:00 Yoga 101-RC 10:15 Power Yoga***-RC PM 6:00 Restorative Yoga (Deep stretch) -J	6 AM 5:30 Heated Yoga-RC 9:00 Mat Pilates-CA 10:05 Yoga -J PM 5:00 Yoga 101 -J 6:30 Yogalates-JK 7:30 Heated Yoga Flow- SN	7 AM 8:45 Yoga- J 10:00 Mat Pilates-CA 11:00 Yoga Flow-RC PM 5:30 Power Yoga-SN 6:45 Happy Yoga- J	8 AM 5:30 Heated Yoga Flow-RC 9:00 Yoga 101-SN 10:00 Power Yoga***-SN PM 6:00 Heated Yoga***-RC	9 AM 8:45 Yoga-RC 10:00 Mat Pilates-CA 11:30 Prenatal Yoga PM 5:00 Pilates/Stretch-LK 6:00 Candlelight Yoga J	10 AM 9:00 Yoga 101-CF 10:00 (Heated) Power Yoga*** CF 4:00 Karate 6:30 Pilates/Stretch-LK	11 AM 9:00 Yoga Flow***-CF
12 AM 9:00 Yoga 101-RC 10:15 Power Yoga***-RC PM 6:00 Restorative Yoga (Deep stretch) -J	13 AM 5:30 Heated Yoga-RC 9:00 Mat Pilates-CA 10:05 Yoga -J PM 5:00 Yoga 101 -J 6:30 Yogalates-JK 7:30 Heated Yoga Flow- SN	 14 AM 8:45 Yoga- J 10:00 Mat Pilates-CA 11:00 Yoga Flow-RC PM 5:30 Power Yoga-SN 6:45 Happy Yoga- J	15 AM 5:30 Heated Yoga Flow-RC 9:00 Yoga 101-SN 10:00 Power Yoga***-SN PM 6:00 Heated Yoga***-RC	16 AM 8:45 Yoga-RC 10:00 Mat Pilates-CA 11:30 Prenatal Yoga PM 5:00 Pilates/Stretch-LK 6:00 Candlelight Yoga J	17 AM 9:00 Yoga 101-CF 10:00 (Heated) Power Yoga*** CF 4:00 Karate 6:30 Pilates/Stretch-LK	18 AM 9:00 Yoga Flow***-CF
19 AM 9:00 Yoga 101-RC 10:15 Power Yoga***-RC PM 6:00 Restorative Yoga (Deep stretch) -J	20 AM 5:30 Heated Yoga-RC 9:00 Mat Pilates-CA 10:05 Yoga-J PM 5:00 Yoga 101 -J 6:30 Yogalates-JK 7:30 Heated Yoga Flow- SN	21 AM 8:45 Yoga-J 10:00 Mat Pilates-CA 11:00 Yoga Flow-RC PM 5:30 Power Yoga-SN 6:45 Happy Yoga- J	22 AM 5:30 Heated Yoga Flow-RC 9:00 Yoga 101-SN 10:00 Power Yoga***-SN PM 6:00 Heated Yoga***-RC	23 AM 8:45 Yoga-RC 10:00 Mat Pilates-CA 11:30 Prenatal Yoga PM 5:00 Pilates/Stretch-LK 6:00 Candlelight Yoga J	24 AM 9:00 Yoga 101-CF 10:00 (Heated) Power Yoga*** CF 4:00 Karate 6:30 Pilates/Stretch-LK	25 AM 9:00 Yoga Flow***-CF
26 AM 9:00 Yoga 101-RC 10:15 Power Yoga***-RC PM 6:00 Restorative Yoga (Deep stretch) -JT	27 AM 5:30 Heated Yoga-RC 9:00 Mat Pilates-CA 10:05 Yoga-J PM 5:00 Yoga 101 -J 6:30 Yogalates-JK 7:30 Heated Yoga Flow- SN	28 AM 8:45 Yoga-J 10:00 Mat Pilates-CA 11:00 Yoga Flow-RC PM 5:30 Power Yoga-SN 6:45 Happy Yoga- J	29 AM 5:30 Heated Yoga Flow-RC 9:00 Yoga 101-SN 10:00 Power Yoga***-SN PM 6:00 Heated Yoga***-RC			

Class	Level	Description
PAID PROGRAM— PRENATAL YOGA		
Prenatal Yoga (4 week program)	\$49 Members	Learn specific yoga poses, breathing exercises, and relaxation techniques designed to relieve the physical and emotional discomforts that occur during pregnancy and after childbirth. Prepares the body, mind and spirit to give birth. Prenatal Yoga will benefit you through all stages of your pregnancy. For new moms, this class is designed for you and your baby to participate in. This is not a mommy and me class, but rather a class that you can take while your child is safe next to you <i>THURSDAYS 11:30AM-12:30AM—SIGN UP AT THE FRONT DESK</i>
	\$59 Non-members	
		

YOGA & PILATES CLASSES



Yoga 101	Beginner	Learn the basic postures in a slower paced class while increasing flexibility, range of motion and balance.
Yoga	All Levels	Designed for all levels allowing you to move at your own pace without judgment or competition.
Gentle Yoga	All Levels	A combination of breathing, flexibility, strength, and balance while flowing at a slow pace.
Power Yoga	Intermediate	Take your practice to the next level by incorporating strength, balance and flexibility while improving body awareness.
Fitness Yoga	Advanced	This non-traditional yoga class focuses on strength, fluid connection of poses, balance and flexibility. Loud upbeat music, pushups, and intense postures are used to enhance your mind/body experience.
Candlelight Yoga	All Levels	A relaxing candle-lit atmosphere to provide a calming, yet challenging practice.
Happy Yoga	Intermediate	Happy yoga embraces your 'playful' side while incorporating uplifting music. It blends basic yoga principles with fluid movement. This class begins with centering and warm ups, then moves to a soft yoga flow (movement with breath). This class is open for those who have some yoga experience. Live music played during Savasana.
PiYo	Intermediate	An athletic blend of yoga and Pilates to create a time efficient workout. The movements will flow and combine yoga poses and core conditioning into one class.
Yogalates	All Levels	Experience the benefits of yoga and Pilates fused into one class.
Heated Yoga	Intermediate	Come ready to sweat..that's the key..muscle are more pliable, offering more flexibility and a deeper practice Room is heated 85-90 degrees. Leave feeling blissfully balanced.
Restorative Pilates	All Levels	A series of pilates exercises chosen specifically for their corrective qualities in order to bring the body back to it's ideal neutral posture.
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.