



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6A-9:00P

Mountainside Fitness Lone Tree

September 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
<p>Please welcome our newest staff member, Heidi S. She is new to us from Houston and is a fantastic addition to our talented staff! Her energy and enthusiasm are contagious! Her classes can be found in RED!!!</p>			<p>1 5:30-6:30am Cycle- DF 5:30-6:30-TBC-LH</p> <p>9-10:45 Cycleates- JC 9-10 Kick Box-RV 10-11 Enduro.Lift- MS 12-1 PowerPump- MC</p> <p>5:30-6:30 Cycle- DF</p> <p>5:30-6:15 Ski Cond.-HS 6:15-7- CORE-HS</p>	<p>2 5-6am Cycle- RK</p> <p>9-10 Step n' Sculpt- LH 9-10 Cycle JD 10-11:15 Power Yoga- SA</p> <p>12-1 CSI- HS 12:15-1 cycle- JW</p> <p>5:30-6:30 TBC-MC 6:30-7:30 Zumba-PR 5:30-6:30 Cycle-LW</p>	<p>3 5:30-6:30 Cycle-DF</p> <p>9-10 Cycle BB</p> <p>9-10:15 Fitness Challenge- NB</p> <p>10:30-11:30 CSI- HS</p> <p>12-1 Cycle-MS</p>	<p>4 8:30 Cycle-DF 8-9 CSI- HS 9-10 Zumba- PR 10-11 Cycle- BB 10-11 Cardio Kickbox- RV</p>
	<p>5 9:00-10:15 Cycle- CM 9:30-10:30 TBC-MC</p>	<p>6 LABOR DAY 8:30-9:30 Zumba- CH 9:30-10:45 Strength Circuit- NB 9-10- Sara</p> <p>***9:30-10:30am Power Yoga in Mind Body-KE</p>	<p>7 5:30-6:30am Cycle- DF</p> <p>9-10 Cycle- DF 9-10 Power Pump- JD 10-11 Step n' Sculpt- LH</p> <p>12:15-1 Cycle- MC</p> <p>5:30-6:30 Power Pump- LW 6:30-7:30 Cardio Mix-DA 6:30-7:30 Cycle- CM</p>	<p>8 5:30-6:30am Cycle- DF 5:30-6:30-TBC-LH</p> <p>9-10:45 Cycleates- JC 9-10 Kick Box-RV 10-11 Enduro.Lift- MS 12-1 PowerPump- MC</p> <p>5:30-6:30 Cycle- DF</p> <p>5:30-6:15 Ski Cond.-HS 6:15-7- CORE-HS</p>	<p>9 5-6am Cycle- RK</p> <p>9-10 Step n' Sculpt- LH 9-10 Cycle JD 10-11:15 Power Yoga- SA</p> <p>12-1 CSI- HS 12:15-1 cycle- JW</p> <p>5:30-6:30 TBC-MC 6:30-7:30 Zumba-PR 5:30-6:30 Cycle-LW</p>	<p>10 5:30-6:30 Cycle-DF</p> <p>9-10 Cycle BB</p> <p>9-10:15 Fitness Challenge- NB</p> <p>10:30-11:30 CSI- HS</p> <p>12-1 Cycle-MS</p>
<p>12 9:00-10:15 Cycle- CM 9:30-10:30 TBC-MC</p>	<p>13 5:30-6:30 Power Pump- LH 8:30-9:30 Zumba- CH 9:30-10:45 Strength Circuit- NB 9:30-10:30 Cycle-SW</p> <p>5:30-6:30 TBC- MC 5:30-6:30 Cycle- JW 6:30-7:30 PowerPump- LH</p>	<p>14 5:30-6:30am Cycle- DF</p> <p>9-10 Cycle- DF 9-10 Power Pump- JD 10-11 Step n' Sculpt- LH</p> <p>12:15-1 Cycle- MC</p> <p>5:30-6:30 Power Pump- LW 6:30-7:30 Cardio Mix-DA 6:30-7:30 Cycle- CM</p>	<p>15 5:30-6:30am Cycle- DF 5:30-6:30-TBC-LH</p> <p>9-10:45 Cycleates- JC 9-10 Kick Box-RV 10-11 Enduro.Lift- MS 12-1 PowerPump- MC</p> <p>5:30-6:30 Cycle- DF</p> <p>5:30-6:15 Ski Cond.-HS 6:15-7- CORE-HS</p>	<p>16 5-6am Cycle- RK</p> <p>9-10 Step n' Sculpt- LH 9-10 Cycle JD 10-11:15 Power Yoga- SA</p> <p>12-1 CSI- HS 12:15-1 cycle- JW</p> <p>5:30-6:30 TBC-MC 6:30-7:30 Zumba-PR 5:30-6:30 Cycle-LW</p>	<p>17 5:30-6:30 Cycle-DF</p> <p>9-10 Cycle BB</p> <p>9-10:15 Fitness Challenge- NB</p> <p>10:30-11:30 CSI- HS</p> <p>12-1 Cycle-MS</p>	<p>18 8:30 Cycle-DF 8-9 CSI- HS 9-10 Zumba- PR 10-11 Cycle- BB 10-11 Cardio Kickbox- RV</p>
<p>19 9:00-10:15 Cycle- CM 9:30-10:30 TBC-MC</p>	<p>20 5:30-6:30 Power Pump- LH 8:30-9:30 Zumba- CH 9:30-10:45 Strength Circuit- NB 9:30-10:30 Cycle-SW</p> <p>5:30-6:30 TBC- MC 5:30-6:30 Cycle- JW 6:30-7:30 PowerPump- LH</p>	<p>21 5:30-6:30am Cycle- DF</p> <p>9-10 Cycle- DF 9-10 Power Pump- JD 10-11 Step n' Sculpt- LH</p> <p>12:15-1 Cycle- MC</p> <p>5:30-6:30 Power Pump- LW 6:30-7:30 cycle-CM 6:30-7:30 Cardio Mix-DA</p>	<p>22 5:30-6:30am Cycle- DF 5:30-6:30-TBC-LH</p> <p>9-10:45 Cycleates- JC 9-10 Kick Box-RV 10-11 Enduro.Lift- MS 12-1 PowerPump- MC</p> <p>5:30-6:30 Cycle- DF</p> <p>5:30-6:15 Ski Cond.-HS 6:15-7- CORE-HS</p>	<p>23 5-6am Cycle- RK</p> <p>9-10 Step n' Sculpt- LH 9-10 Cycle JD 10-11:15 Power Yoga- SA</p> <p>12-1 CSI- HS 12:15-1 cycle- JW</p> <p>5:30-6:30 TBC-MC 6:30-7:30 Zumba-PR 5:30-6:30 Cycle-LW</p>	<p>25 5:30-6:30 Cycle-DF</p> <p>9-10 Cycle BB</p> <p>9-10:15 Fitness Challenge- NB</p> <p>10:30-11:30 CSI- HS</p> <p>12-1 Cycle-MS</p>	<p>25 8:30 Cycle-DF 8-9 CSI- HS 9-10 Zumba- PR 10-11 Cycle- BB 10-11 Cardio Kickbox- RV</p>
<p>26 9:00-10:15 Cycle- CM 9:30-10:30 TBC-MC</p>	<p>27 5:30-6:30 Power Pump- LH 8:30-9:30 Zumba- CH 9:30-10:45 Strength Circuit- NB 9:30-10:30 Cycle-SW</p> <p>5:30-6:30 TBC- MC 5:30-6:30 Cycle- JW 6:30-7:30 PowerPump- LH</p>	<p>28 5:30-6:30am Cycle- DF</p> <p>9-10 Cycle- DF 9-10 Power Pump- JD 10-11 Step n' Sculpt- LH</p> <p>12:15-1 Cycle- MC</p> <p>5:30-6:30 Power Pump- LW 6:30-7:30 cycle-CM 6:30-7:30 Cardio Mix-DA</p>	<p>29 5:30-6:30am Cycle- DF 5:30-6:30-TBC-LH</p> <p>9-10:45 Cycleates- JC 9-10 Kick Box-RV 10-11 Enduro.Lift- MS 12-1 PowerPump- MC</p> <p>5:30-6:30 Cycle- DF</p> <p>5:30-6:15 Ski Cond.-HS 6:15-7- CORE-HS</p>	<p>30 5-6am Cycle- RK</p> <p>9-10 Step n' Sculpt- LH 9-10 Cycle JD 10-11:15 Power Yoga- SA</p> <p>12-1 CSI- HS 12:15-1 cycle- JW</p> <p>5:30-6:30 TBC-MC 6:30-7:30 Zumba-PR 5:30-6:30 Cycle-LW</p>	<p>Instructor Key NB- Noell BB-Brian MS-Marcia RK- Rich JD-Jill SW-Sara DF-Don KA-Kara JW- Joellen JL-Jamie MS-Melissa MC-Mimi CM-Claire RV-Roger LH-Lindsey H. JC-Joana Sydney-SA CH-Christine LW-Laura HS-Heidi</p>	

Class Schedules may be found online at:
WWW.MOUNTAINSIDEFITNESS.COM

Phone: 303-708-0109

9995 Park Meadows Drive, Lone Tree, CO 80124

Athletic Director: Noell Blevins - noellb@mountainsidefitness.com



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September 2010
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Class	Level	Duration	Description
Specialty Classes			
CORE	All Levels	varies	Focus on strengthening you POWERHOUSE muscle; glutes, abs, back, hips.
Ski Conditioning	All Levels	45 min	Drills to make you more agile on the slopes this year!
CARDIO CLASSES			
Cardio Mix	All Levels	60 min.	A great cardiovascular workout incorporating athletic drills, hip hop, kick box, and agility. This intense cardio only workout is sure to test your fitness!
CSI (cardio strength intervals) <i>NEW</i>	Intermediate	60 min.	A blended combination of step and athletic drills and muscle conditioning. This class will require you to engage muscles you didn't know you had.
TBC	Intermediate	60-90 min.	Total body conditioning is a minimal choreography, maximal results class. Improve cardiovascular and muscular endurance in this fun yet challenging class
Turbo Kick	All Levels	60 min.	A high energy kickboxing class that is sure to keep you on you toes!
Cycle	All Levels	60 min.	Join our TEAM for a group ride while watching a movie!
Strength Circuit	All Levels	60-75 min	This class incorporates strength and cardiovascular intervals, with a heavy emphasis on strength.
SPECIALTY CLASSES			
Cycleates	All Levels	90 min.	Combines 60 minutes of cycle followed by 30 minutes of Mat Pilates in the Mind Body Studio.
Zumba	All Levels	60 min	Dance your way to a fitter you. Exciting and unique latin moves and rhythms in an easy to follow format.
**BOXING	All Levels	60 min.	Spice up your fitness routine with this power packed hour of contact boxing. We provide hand wraps, gloves, and professional instruction!! Sign up at the front desk. **\$9/ class.
STRENGTH TRAINING CLASSES			
Power Pump	All Levels	60 min.	Build muscular endurance and increase strength using body bars, weights and a variety of resistance tools.
Enduro.Lift	All Levels	60 min.	This class combines 3 minute segments of strength training followed by 3 minutes of cardio drills to achieve a full body strength and endurance workout.
Fitness Challenge	Intermediate/Advanced	90 min.	This high intensity class will push you to your inner limits of both strength, drills, running, power, and agility.

Class Schedules may be Found online at: