



**Club Hours**  
 M-Th 4:30A - 11:00P  
 Friday 4:30A - 9:00P  
 Sat & Sun 6:00A - 9:00P  
 (303) 708-0109

# Mountainside Fitness Lone Tree

## September 2010

### 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 8:45-10 Power Yoga- SA 10-10:45 Mat Pilates- JC  6:30-7:30 Yoga Flow- CM	2 <i>8-9 Reformer- Noell</i> <i>9-10am Reformer-Noell</i> <i>10-11 Reformer-Noell</i>  **10-11:15Power Yoga in Group Fitness Studio-SA  5:30-6:30 Yoga Sculpt- AH	3 9:30-10:30 Yoga Sculpt - MS  <b>12-1 Yoga Sculpt- KH</b>	4   10-11 Mat Pilates-AH
5 9-10:15 Yoga Sculpt-KH  10:30-11:30 Restorative yoga- AC	6 <b>Labor Day</b> 9:30am Power Yoga- KE	7 <i>9-10am Reformer-Noell</i> <i>10-11 Reformer-Noell</i> <i>11-12 Reformer-Noell</i>  12:10-1 Yoga for Athletes- JK  6-7 Mat Pilates-AC	8 8:45-10 Power Yoga- SA 10-10:45 Mat Pilates- JC  6:30-7:30 Yoga Flow- CM	9 <i>8-9 Reformer- Noell</i> <i>9-10am Reformer-Noell</i> <i>10-11 Reformer-Noell</i>  **10-11:15Power Yoga in Group Fitness Studio-SA  5:30-6:30 Yoga Sculpt- AH	10 9:30-10:30 Contempo- rary Pilates- MS  <b>12-1 Yoga Sculpt- KH</b>	11   10-11 Mat Pilates-AH
12 9-10:15 Yoga Sculpt-KH  10:30-11:30 Restorative yoga- AC	13 9:30-10:30 Contempo- rary Mat Pilates- MS  <b>12-1 Power Yoga- SA</b>  5:30-6:30 Yoga Sculpt- AH	14 <i>9-10am Reformer-Noell</i> <i>10-11 Reformer-Noell</i> <i>11-12 Reformer-Noell</i>  12:10-1 Yoga for Athletes- JK  6-7 Mat Pilates-AC	15 8:45-10 Power Yoga- SA 10-10:45 Mat Pilates- JC  6:30-7:30 Yoga Flow- CM	16 <i>8-9 Reformer- Noell</i> <i>9-10am Reformer-Noell</i> <i>10-11 Reformer-Noell</i>  **10-11:15Power Yoga in Group Fitness Studio-SA  5:30-6:30 Yoga Sculpt- AH	17 9:30-10:30 Yoga Sculpt - AH  <b>12-1 Yoga Sculpt- KH</b>	18   10-11 Power Yoga-AH
19 9-10:15 Yoga Sculpt-KH  10:30-11:30 Restorative Yoga- AC	20 9:30-10:30 Contempo- rary Mat Pilates- MS  <b>12-1 Power Yoga- SA</b>  5:30-6:30 Yoga Sculpt- AH	21 <i>9-10am Reformer-Noell</i> <i>10-11 Reformer-Noell</i> <i>11-12 Reformer-Noell</i>  12:10-1 Yoga for Athletes- JK  6-7 Mat Pilates-AC	22 8:45-10 Power Yoga- SA 10-10:45 Mat Pilates- JC  6:30-7:30 Yoga Flow- CM	23 <i>8-9 Reformer- Noell</i> <i>9-10am Reformer-Noell</i> <i>10-11 Reformer-Noell</i>  **10-11:15Power Yoga in Group Fitness Studio-SA  5:30-6:30 Yoga Sculpt- AH	24 9:30-10:30 Yoga Sculpt - AH  <b>12-1 Yoga Sculpt- KH</b>	25   10-11 Power Yoga-AH
26 9-10:15 Yoga Sculpt-KH  10:30-11:30 Restorative Yoga- AC	27 9:30-10:30 Contempo- rary Mat Pilates- MS  <b>12-1 Power Yoga- SA</b>  5:30-6:30 Yoga Sculpt- AH	28 <i>9-10am Reformer-Noell</i> <i>10-11 Reformer-Noell</i> <i>11-12 Reformer-Noell</i>  12:10-1 Yoga for Ath- letes- JK  6-7 Mat Pilates-AC	29 8:45-10 Power Yoga- SA 10-10:45 Mat Pilates- JC  6:30-7:30 Yoga Flow- CM	30 <i>8-9 Reformer- Noell</i> <i>9-10am Reformer-Noell</i> <i>10-11 Reformer-Noell</i>  **10-11:15Power Yoga in Group Fitness Studio-SA  5:30-6:30 Yoga Sculpt- AH		

Class Schedules may be Found online at:  
[WWW.MOUNTAINSIDEFITNESS.COM](http://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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# Mountainside Fitness Lone Tree September 2010 Mind / Body Class Descriptions

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



Class	Level	Duration	Description
<b>YOGA</b>			
<b>Restorative Yoga</b>	All Levels	60 min	Bring your week to a close in this restorative class. Focus on opening your body and mind and be guided through meditation.
<b>Yoga Flow</b>	All Levels	60 min.	Challenge strength, balance and flexibility through fluid connection of poses.
<b>Power Yoga</b>	Intermedi-ate	75 min.	Take your practice to the next level by incorporate strength, balance and flexibility while improving body awareness.
<b>Yoga Sculpt</b>	All Levels	60 min.	A dynamic approach to functional balance, strength and flexibility using resistance tubing and weights.
<b>Yoga for Athletes</b>	All Levels	60 min.	Focuses on deep stretching and lengthening of the muscles.
<b>Mat Pilates</b>	All Levels	30-60 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.
<b>PLYO</b>	All Levels	60 min.	Pilates and Yoga fusion.
<b>Contemporary Mat Pilates</b>	All Levels	60 min.	This progressive Mat class is more strength driven and performed to contemporary, rhythmic music.
<b>****REFORMER****</b>	All Levels	60 min.	Experience the POWER of Reformer Pilates. Private group instruction on the Pilates Reformer will tone your entire body like you have never experienced before! Contact Noellb@mountainsidefitness.com to sign up today! Fee based personal training program.
<b>See Noell Blevins to register</b>			

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**9995 Park Meadows Drive Lone Tree, Co 80124**

**Athletic Director Noell Blevins-noellb@mountainsidefitness.com**