



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A - 9:00P
 (480) 889-1865

Mountainside Fitness Centers Mesa

September 2010 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 AC-Amanda AF-Annette AL-Amy AY-Andi BC-Bev BK-Brent DB-Dodie EC-Elizabeth EM-Emily GI-Gail JB-Jenn JM-Jenny JMC-Jane JY-Jennie KG-Karen KA-Kathy KC-Kathryn KP-Kanani	INSTRUCTOR KEY KJ-Kara KS-Kellie KJS-Kary LM-Lindy MA-Misty ME-Marcia MF-Monty MR-Melissa NM-Narissa RB-Robert SAG-Sarah SBR-Suzie SG-Sarah SW-Sarah TC-Tica TT-Terri VT-Val	NEW KICK & SCULPT CLASS ON MONDAYS AT 9:30AM WITH MISTY	1 AM 5:15 Cycle**-MA 6:30 Yoga-KG 7:30 Muscle-BC 8:30 Cycle**-BC 8:30 Step II-JMC 8:45 Fit Kids (3-6)##** 9:30 TBC-CA 10:30 Yogalates-JY PM 4:30 Cycle**-ME 4:30 Cardio Kickbox-AY 5:30 Muscle-DB 6:00 Cycle-MA 6:30 Zumba-AC 7:30 Yoga-KG	2 AM 5:15 Cycle**-RB 5:15 Muscle-SBR 5:30 Boot Camp-MA 6:15 Advanced Cycle-BC 6:30 Yoga-KG 7:30 Step & Sculpt (All Levels)-KS 8:30 Cardio Kick Box-MA 8:30 Cycle**-JM 8:45 Fit Kids (7-11)##** 9:30 Muscle-MA 10:30 Power Yoga-KJS PM 12:15 Cycle**-VT 5:00 Cardio Hip Hop**-AC 5:45 Cycle**-DB 6:00 Muscle-VT 5:45 Tough Kids**-SW 7:30 Cycle-BK	3 AM 5:15 Cycle**-BC 5:15 Step II**-EC 6:05 Upper Body Blast**-EC 7:30 Muscle-VT 8:30 Cycle**-JM 8:30 Step & Sculpt-VT 8:45 Fit Kids (3-6)##** 9:30 TBC-ME PM 4:30 Cycle**-EM	4 AM 7:30 Cycle**-BK 8:00 Step Challenge-EC 9:00 Cycle-RB 9:00 Muscle-EC 9:00 Dodgeball (8-11)#-DB 10:00 Zumba-AC 11:00 Yogalates-KJ
5 AM 9:00 Cycle-RB 9:00 TBC-DB 10:00 Gentle Yoga-MF	6 AM 7:30 Muscle-CA 8:30 Cycle**-DB 8:30 Step Challenge-CA 8:45 Fit Kids (3-6)##** 9:30 TBC-DB 10:30 Zumba-AC LABOR DAY HOURS 6AM-2PM	7 AM 5:15 Cycle**-RB 5:15 Muscle-MA 5:30 Boot Camp-SBR 6:15 Advanced Cycle-BC 6:30 Yoga-KG 7:30 TBC (All Levels)-KS 8:30 Zumba-KP 8:30 Cycle**-MA 8:45 Fit Kids (7-11)##** 9:30 Muscle-AL 10:30 Yoga 101-KG PM 12:15 Cycle**-MA <u>4:00 Martial Arts All ages</u> 5:00 Step-VT 5:45 Cycle**-TC 6:00 Muscle-DB 5:45 Tough Kids**-SW 7:30 Cycle-BK	8 AM 5:15 Cycle**-MA 6:30 Yoga-KG 7:30 Muscle-BC 8:30 Cycle**-BC 8:30 Step II-JMC 8:45 Fit Kids (3-6)##** 9:30 TBC-CA 10:30 Yogalates-JY PM 4:30 Cycle**-ME 4:30 Cardio Kickbox-KJS 5:30 Muscle-DB 6:00 Cycle-MA 6:30 Zumba-AC 7:30 Yoga-KG	9 AM 5:15 Cycle**-RB 5:15 Muscle-SBR 5:30 Boot Camp-MA 6:15 Advanced Cycle-BC 6:30 Yoga-KG 7:30 Step & Sculpt (All Levels)-KS 8:30 Cardio Kick Box-MA 8:30 Cycle**-JM 9:30 Muscle-MA 10:30 Power Yoga-KJS PM 12:15 Cycle**-VT 5:00 Cardio Hip Hop-AC 5:45 Cycle**-EM 6:00 Muscle-VT 5:45 Tough Kids**-SW 7:30 Cycle-BK	10 AM 5:15 Cycle**-BC 5:15 Step II**-MA 6:05 Upper Body Blast**-MA 7:30 Muscle-VT 8:30 Cycle**-MA 8:30 Step & Sculpt-VT 8:45 Fit Kids (3-6)##** 9:30 TBC-ME PM 4:30 Cycle**-EM	11 AM 7:30 Cycle**-BK 8:00 Multi Step-MA 9:00 Cycle-RB 9:00 Muscle-MA 9:00 Dodgeball (8-11)#-EM 10:00 Zumba-AC 11:00 Yogalates-KJ
12 AM 9:00 Cycle-RB 9:00 TBC-KJS 10:00 Gentle Yoga-KJS	13 AM 5:15 Cycle**-KC 5:15 TBC**-MA 6:05 Abs & Buns*-MA 7:30 Muscle-MA 8:30 Cycle**-DB 8:30 Step Challenge-KA 8:45 Fit Kids (3-6)##** 9:30 Kick & Sculpt-MA 10:30 Zumba-AC PM 4:30 Cycle**-JB 4:30 TBC-SBR 5:30 Muscle-EC 6:00 Cycle-VT 6:30 Zumba-AC 7:30 Yogalates-SW	14 AM 5:15 Cycle**-RB 5:15 Muscle-MA 5:30 Boot Camp-SBR 6:15 Advanced Cycle-BC 6:30 Yoga-KG 7:30 TBC (All Levels)-KS 8:30 Zumba-KP 8:30 Cycle**-MA 9:30 Muscle-AL 10:30 Yoga 101-KG PM 12:15 Cycle**-MA <u>4:00 Martial Arts All ages</u> 5:00 Step-VT 5:45 Cycle**-TC 6:00 Muscle-DB 7:30 Cycle-BK	15 AM 5:15 Cycle**-MA 6:30 Yoga-KG 7:30 Muscle-BC 8:30 Cycle**-BC 8:30 Step II-JMC 8:45 Fit Kids (3-6)##** 9:30 TBC-CA 10:30 Yogalates-JY PM 4:30 Cycle**-ME 4:30 Cardio Kickbox-KJS 5:30 Muscle-DB 6:00 Cycle-MA 6:30 Zumba-AC 7:30 Yoga-KG	16 AM 5:15 Cycle**-RB 5:15 Muscle-SBR 5:30 Boot Camp-MA 6:15 Advanced Cycle-BC 6:30 Yoga-KG 7:30 Step & Sculpt (All Levels)-KS 8:30 Cardio Kick Box-MA 8:30 Cycle**-JM 9:30 Muscle-MA 10:30 Power Yoga-KJS PM 12:15 Cycle**-VT 5:00 Cardio Hip Hop-AC 5:45 Cycle**-EM 6:00 Muscle-VT 7:30 Cycle-BK	17 AM 5:15 Cycle**-BC 5:15 Step II**-MA 6:05 Upper Body Blast**-MA 7:30 Muscle-VT 8:30 Cycle**-MA 8:30 Step & Sculpt-VT 8:45 Fit Kids (3-6)##** 9:30 TBC-ME PM 4:30 Cycle**-EM	18 AM 7:30 Cycle**-BK 8:00 Step Challenge-MA 9:00 Cycle-RB 9:00 Muscle-MA 9:00 Dodgeball (8-11)#-DB 10:00 Zumba-NB 11:00 Yogalates-NB
19 AM 9:00 Cycle-RB 9:00 TBC-DB 10:00 Gentle Yoga-MF	20 AM 5:15 Cycle**-KC 5:15 TBC**-MA 6:05 Abs & Buns*-MA 7:30 Muscle-MA 8:30 Cycle**-DB 8:30 Step Challenge-KA 8:45 Fit Kids (3-6)##** 9:30 Kick & Sculpt-MA 10:30 Zumba-AC PM 4:30 Cycle**-JB 4:30 TBC-SBR 5:30 Muscle-EC 6:00 Cycle-VT 6:30 Zumba-AC 7:30 Yogalates-SW	21 AM 5:15 Cycle**-RB 5:15 Muscle-MA 5:30 Boot Camp-SBR 6:15 Advanced Cycle-BC 6:30 Yoga-KG 7:30 TBC (All Levels)-KS 8:30 Zumba-KP 8:30 Cycle**- 9:30 Muscle-AL 10:30 Yoga 101-KG PM 12:15 Cycle**-MA <u>4:00 Martial Arts All ages</u> 5:00 Step-VT 5:45 Cycle**-TC 6:00 Muscle-DB 7:30 Cycle-BK	22 AM 5:15 Cycle**-MA 6:30 Yoga-KG 7:30 Muscle-BC 8:30 Cycle**-BC 8:30 Step II-JMC 8:45 Fit Kids (3-6)##** 9:30 TBC-CA 10:30 Yogalates-JY PM 4:30 Cycle**-ME 4:30 Cardio Kickbox-AY 5:30 Muscle-DB 6:00 Cycle-MA 6:30 Zumba-AC 7:30 Yoga-KG	23 AM 5:15 Cycle**-RB 5:15 Muscle-SBR 5:30 Boot Camp-MA 6:15 Advanced Cycle-BC 6:30 Yoga-KG 7:30 Step & Sculpt (All Levels)-KS 8:30 Cardio Kick Box-MA 8:30 Cycle**-JM 9:30 Muscle-MA 10:30 Power Yoga-KG PM 12:15 Cycle**-VT 5:00 Cardio Hip Hop-AC 5:45 Cycle**-EM 6:00 Muscle-VT 7:30 Cycle-BK	24 AM 5:15 Cycle**-BC 5:15 Step II**-MA 6:05 Upper Body Blast**-MA 7:30 Muscle-VT 8:30 Cycle**-MA 8:30 Step & Sculpt-VT 8:45 Fit Kids (3-6)##** 9:30 TBC-ME PM 4:30 Cycle**-EM	25 AM 7:30 Cycle**-BK 8:00 Step Challenge-MA 9:00 Cycle-RB 9:00 Muscle-MA 9:00 Dodgeball (8-11)#-EM 10:00 Zumba-NB 11:00 Yogalates-SW Family Yoga Parents and kids ages 5 and up! 12pm-12:45pm Instructed by Sarah W.
26 AM 9:00 Cycle-RB 9:00 TBC-DB 10:00 Gentle Yoga-MF	27 AM 5:15 Cycle**-KC 5:15 TBC**-MA 6:05 Abs & Buns*-MA 7:30 Muscle-MA 8:30 Cycle**-DB 8:30 Step Challenge-KA 8:45 Fit Kids (3-6)##** 9:30 Kick & Sculpt-MA 10:30 Zumba-AC PM 4:30 Cycle**-JB 4:30 TBC-SBR 5:30 Muscle-EC 6:00 Cycle-VT 6:30 Zumba-AC 7:30 Yogalates-SW	28 AM 5:15 Cycle**-RB 5:15 Muscle-MA 6:15 Advanced Cycle-BC 6:30 Yoga-KG 7:30 TBC (All Levels)-KS 8:30 Zumba-KP 8:30 Cycle**-MA 9:30 Muscle-AL 10:30 Yoga 101-KG PM 12:15 Cycle**-MA <u>4:00 Martial Arts All ages</u> 5:00 Step-VT 5:45 Cycle**-TC 6:00 Muscle-DB 7:30 Cycle-BK	29 AM 5:15 Cycle**-MA 6:30 Yoga-KG 7:30 Muscle-BC 8:30 Cycle**-BC 8:30 Step II-JMC 8:45 Fit Kids (3-6)##** 9:30 TBC-CA 10:30 Yogalates-JY PM 4:30 Cycle**-ME 4:30 Cardio Kickbox-AL 5:30 Muscle-DB 6:00 Cycle-MA 6:30 Zumba-AC 7:30 Yoga-KG	30 AM 5:15 Cycle**-RB 5:15 Muscle-SBR 6:15 Advanced Cycle-BC 6:30 Yoga-KG 7:30 Step & Sculpt (All Levels)-KS 8:30 Cardio Kick Box-MA 8:30 Cycle**-EC 9:30 Muscle-MA 10:30 Power Yoga-KG PM 12:15 Cycle**-VT 5:00 Cardio Hip Hop-AC 5:45 Cycle**-EM 6:00 Muscle-VT 7:30 Cycle-BK	Symbol Key * 30 Minutes **45 Minutes # Basketball Court	Fee required for underlined and italicized classes Schedule subject to change without notice. Cycle reservations are required. Sign up for cycle at the front desk 30 minutes prior to class time.

Class	Level	Description
STEP CLASSES		
Step II	Intermediate	Intermediate step combinations for a great cardio workout.
Step Challenge	Advanced	Advanced choreography, 100% cardio, cool down and a stretch.
Multi Step	Advanced	Advanced choreography, 100% cardio utilizing two or more benches.
Step & Sculpt	Intermediate	Intermediate step combinations with intervals of strength segments.
CARDIO CLASSES		
Kick & Sculpt	Intermediate	High energy kickboxing drills with intervals of strength segments.
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		
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 & 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.
CYCLE CLASSES		
SIGN UP REQUIRED AT THE FRONT DESK.		
Cycle	All Levels	This instructor led indoor cycling class can burn 300-600 calories per session by incorporating strength, endurance and anaerobic intervals. <u>Bring a towel and water bottle and be prepared to sweat. Sign up required.</u>
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.
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.
Yogalates	All Levels	Experience the benefits of yoga and Pilates fused into one class.
KIDS CLASSES		
Fit Kids	Ages 3-6	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.