



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

February 2012 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
			1 AM 5:15 Cycle-MA 7:30 Muscle-BC 8:30 Cycle**BC 8:30 Step II-JMC 8:45 Fit Kids (3-6)*** 9:30 TBC-CA <u>9:00 Boot Camp Mash-MA</u> 10:30 Yoga-JY PM <u>1:00 PWRIMOVES-VT</u> 4:30 Cycle**VT 4:30 Power Yoga+DB 5:30 Muscle-DB 6:00 Cycle-BA 6:30 Zumba-JDM 7:30 Mat Pilates-JSB	2 AM 5:15 Muscle-MR <u>5:15 Extreme RJR-MA</u> 5:15 Cycle**RB 6:15 Cycle-BC 6:30 Yoga-CC 7:30 Step & Sculpt (All Levels)-KS 8:30 Cardio Kick Box-MA 8:30 Cycle**JM 9:30 Muscle-MA PM 12:15 Cycle**VT 4:30 PILOXING-AY 5:30 Zumba-OC 6:30 Muscle-VT 6:30 Cycle-BK	3 AM 5:15 Cycle**BA 5:15 Step II**KC 6:05 Upper Body Blast**KC 7:30 Muscle-VT 8:30 Cycle**MA 8:30 Step & Sculpt-VT 8:45 Fit Kids (3-6)*** 9:30 PILOXING-KC PM 4:30 Cycle**EM	4 AM 7:30 Cycle**BK 8:00 Multi Step-MA 9:00 Cycle-RB 9:00 Muscle-MA 9:00 Dodgeball (8-11)#-DB 10:00 Zumba-AC 11:00 Power Yoga-SW
5 AM 9:00 Cycle-DB 9:00 TBC-AF 10:00 Gentle Yoga-DB	6 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 TBC-MA 9:30 Cycle**BA 10:30 Zumba-NG PM 4:30 Cycle**JB 4:30 Cardio Kickbox-CC 5:30 Muscle-CC 6:00 Cycle-VT <u>6:00 TRX Boot Camp-MA</u> 6:30 Zumba-TDT <u>7:00 TRX Unleashed-MA</u> 7:30 Yogalates-SW	7 AM 5:15 Muscle-MA 5:15 Cycle**RB 6:15 Cycle-BC 6:30 Yoga-CC 7:30 TBC (All Levels)-KS 8:30 Zumba-NB 8:30 Cycle**MA 9:30 Muscle-AL PM 12:15 Cycle**MA 4:30 willPower & Grace-AL 5:30 Step Interval-VT 6:30 Muscle-DB 6:30 Cycle-BK	8 AM 5:15 Cycle-MA 7:30 Muscle-BC 8:30 Cycle**BC 8:30 Step II-JMC 8:45 Fit Kids (3-6)*** <u>9:00 Boot Camp Mash-MA</u> 9:30 TBC-CA 10:30 Yoga-JY PM <u>1:00 PWRIMOVES-LM</u> 4:30 Cycle**VT 4:30 Power Yoga+CC 5:30 Muscle-CC 6:00 Cycle-BA <u>6:00 TRX Boot Camp-MA</u> 6:30 Zumba-JDM <u>7:00 TRX Unleashed-MA</u> 7:30 Mat Pilates-JSB	9 AM 5:15 Muscle-MR 5:15 Cycle**RB 6:15 Cycle-BC 6:30 Yoga-CC 7:30 Step & Sculpt (All Levels)-KS 8:30 Cardio Kick Box-MA 8:30 Cycle**JM 9:30 Muscle-MA PM 12:15 Cycle**VT 4:30 PILOXING-AL 5:30 Zumba-JDM 6:30 Muscle-VT 6:30 Cycle-BK	10 AM 5:15 Cycle**BA 5:15 Step II**KC 6:05 Upper Body Blast**KC 7:30 Muscle-VT 8:30 Cycle**MA 8:30 Step & Sculpt-VT 8:45 Fit Kids (3-6)*** 9:30 PILOXING-KC 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)#-JC 10:00 Zumba-NB 11:00 Power Yoga-NB
12 AM 9:00 Cycle-JMP 9:00 TBC-AF 10:00 Gentle Yoga-JMP	13 AM 5:15 Cycle**KC 5:15 TBC**MA 6:05 Abs & Buns*-MA 7:30 Muscle-MA <u>8:30 Urban Boot Camp-MA</u> 8:30 Cycle**DB 8:30 Step Challenge-KA 8:45 Fit Kids (3-6)*** 9:30 TBC-MA 9:30 Cycle**BA 10:30 Zumba-NG PM 4:30 Cycle**JB 4:30 Cardio Kickbox-CC 5:30 Muscle-CC 6:00 Cycle-VT <u>6:00 TRX Boot Camp-MA</u> 6:30 Zumba-JDM <u>7:00 TRX Unleashed-MA</u> 7:30 Yogalates-SW	14 AM 5:15 Muscle-MA 5:15 Cycle**RB 6:15 Cycle-BC 6:30 Yoga-CC 7:30 TBC (All Levels)-KS 8:30 Zumba-NB 8:30 Cycle**MA 9:30 Muscle-AL PM 12:15 Cycle**MA 4:30 willPower & Grace-AL 5:30 Step Interval-VT 6:30 Muscle-DB 6:30 Cycle-BK	15 AM 5:15 Cycle-MA 7:30 Muscle-BA 8:30 Cycle**BA 8:30 Step II-JMC 8:45 Fit Kids (3-6)*** <u>9:00 Boot Camp Mash-MA</u> 9:30 TBC-CA 10:30 Yoga-JY PM <u>1:00 PWRIMOVES-VT</u> 4:30 Cycle**VT 4:30 Power Yoga+DB 5:30 Muscle-DB 6:00 Cycle-BA <u>6:00 TRX Boot Camp-MA</u> 6:30 Zumba-JDM <u>7:00 TRX Unleashed-MA</u> 7:30 Mat Pilates-JSB	16 AM 5:15 Muscle-MR 5:15 Cycle**RB 6:15 Cycle-BC 6:30 Yoga-CC 7:30 Step & Sculpt (All Levels)-KS 8:30 Cardio Kick Box-MA 8:30 Cycle**JM 9:30 Muscle-MA PM 12:15 Cycle**VT 4:30 PILOXING-AL 5:30 Zumba-OC 6:30 Muscle-VT 6:30 Cycle-BK	17 AM 5:15 Cycle**BA 5:15 Step II**KC 6:05 Upper Body Blast**KC 7:30 Muscle-VT 8:30 Cycle**MA 8:30 Step & Sculpt-VT 8:45 Fit Kids (3-6)*** 9:30 PILOXING-KC PM 4:30 Cycle**EM	18 AM 7:30 Cycle**BK 8:00 Multi Step-MA 9:00 Cycle-RB 9:00 Muscle-MA 9:00 Dodgeball (8-11)#-DB 10:00 Zumba-NB 11:00 Power Yoga-NB
19 AM 9:00 TBC-AF 10:00 Gentle Yoga-DB Come Join us at MSF Gilbert for Cycle for Survival 8:00 Amy & Trish 9:00 Lisa & Tara 10:00 Andi & Kathy 11:00 Andy & Chuck For more information and to sign up www.cyclearizona.org	20 AM 5:15 Cycle**BK 5:15 TBC**KC 6:05 Abs & Buns*-KC 7:30 Muscle-MA <u>8:30 Urban Boot Camp-MA</u> 8:30 Cycle**DB 8:30 Step Challenge-KA 8:45 Fit Kids (3-6)*** 9:30 TBC-DB 9:30 Cycle**BA 10:30 Zumba-NG PM 4:30 Cycle**JB 4:30 Cardio Kickbox-CC 5:30 Muscle-CC 6:00 Cycle-VT <u>6:00 TRX Boot Camp-MA</u> 6:30 Zumba-JDM <u>7:00 TRX Unleashed-MA</u> 7:30 Yogalates-SW	21 AM 5:15 Muscle-MA 5:15 Cycle**RB 6:15 Cycle-BC 6:30 Yoga-CC 7:30 TBC (All Levels)-KS 8:30 Zumba-NB 8:30 Cycle**MA 9:30 Muscle-AL PM 12:15 Cycle**MA 4:30 willPower & Grace-AL 5:30 Step Interval-VT 6:30 Muscle-VT 6:30 Cycle-BK	22 AM 5:15 Cycle-MA 7:30 Muscle-BC 8:30 Cycle**BC 8:30 Step II-JMC 8:45 Fit Kids (3-6)*** <u>9:00 Boot Camp Mash-MA</u> 9:30 TBC-CA 10:30 Yoga-JY PM <u>1:00 PWRIMOVES-LM</u> 4:30 Cycle**VT 4:30 Power Yoga+DB 5:30 Muscle-DB 6:00 Cycle-BK <u>6:00 TRX Boot Camp-MA</u> 6:30 Zumba-TDT <u>7:00 TRX Unleashed-MA</u> 7:30 Mat Pilates-JSB	23 AM 5:15 Muscle-MR 5:15 Cycle**RB 6:15 Cycle-BC 6:30 Yoga-CC 7:30 Step & Sculpt (All Levels)-KS 8:30 Cardio Kick Box-MA 8:30 Cycle**JM 9:30 Muscle-MA PM 12:15 Cycle**VT 4:30 PILOXING-AL 5:30 Zumba-OC 6:30 Muscle-VT 6:30 Cycle-BK	24 AM 5:15 Cycle**BA 5:15 Step II**KC 6:05 Upper Body Blast**KC 7:30 Muscle-VT 8:30 Cycle**MA 8:30 Step & Sculpt-VT 8:45 Fit Kids (3-6)*** 9:30 PILOXING-KC PM 4:30 Cycle**EM	25 AM 7:30 Cycle**BK 8:00 Step Challenge-KC 9:00 Cycle-RB 9:00 Muscle-KC 9:00 Dodgeball (8-11)#-DB 10:00 Zumba-TDT 11:00 Power Yoga-SW
26 AM 9:00 Cycle-DB 9:00 TBC-AF 10:00 Gentle Yoga-DB	27 AM 5:15 Cycle**KC 5:15 TBC**MA 6:05 Abs & Buns*-MA 7:30 Muscle-MA <u>8:30 Urban Boot Camp-MA</u> 8:30 Cycle**DB 8:30 Step Challenge-KA 8:45 Fit Kids (3-6)*** 9:30 TBC-MA 9:30 Cycle**BA 10:30 Zumba-NG PM 4:30 Cycle**JB 4:30 Cardio Kickbox-CC 5:30 Muscle-CC 6:00 Cycle-VT <u>6:00 TRX Boot Camp-MA</u> 6:30 Zumba-JDM <u>7:00 TRX Unleashed-MA</u> 7:30 Yogalates-SW	28 AM 5:15 Muscle-MA 5:15 Cycle**RB 6:15 Cycle-BC 6:30 Yoga-CC 7:30 TBC (All Levels)-KS 8:30 Zumba-NB 8:30 Cycle**MA 9:30 Muscle-AL PM 12:15 Cycle**MA 4:30 willPower & Grace-AL 5:30 Step Interval-VT 6:30 Muscle-VT 6:30 Cycle-BK	29 AM 5:15 Cycle-MA 7:30 Muscle-BC 8:30 Cycle**BC 8:30 Step II-JMC 8:45 Fit Kids (3-6)*** <u>9:00 Boot Camp Mash-MA</u> 9:30 TBC-CA 10:30 Yoga-JY PM <u>1:00 PWRIMOVES-VT</u> 4:30 Cycle**VT 4:30 Power Yoga+DB 5:30 Muscle-DB 6:00 Cycle-BA <u>6:00 TRX Boot Camp-MA</u> 6:30 Zumba-JDM <u>7:00 TRX Unleashed-MA</u> 7:30 Mat Pilates-JSB	INSTRUCTOR KEY AC-Amanda AF-Annette AL-Amy AY-Andi BA-Beth BC-Bev BK-Brent CC-Charlotte DB-Dodie EC-Elizabeth EM-Emily JB-Jenn JC-Jenna JM-Jenny JDM-Jessica JMC-Jane	INSTRUCTOR KEY JMP-Julie JY-Jennie JSB-Jennifer KA-Kathy KC-Kathryn KS-Kellie KJS-Kary LM-Lindy MA-Misty MF-Monty NB-Natalie NG-Nicole OC-Omar RB-Robert SW-Sarah VT-Val	Symbol Key * 30 Minutes **45 Minutes # Basketball Court + Candlelit Fee required for underlined and italicized classes Cycle reservations are required. Sign up for cycle at the front desk 30 minutes prior to class time. Schedule subject to change without notice.

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 Interval	Intermediate	High intensity step combinations with anaerobic conditioning.
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.
PILOXING®	Intermediate	into shape. Fun and easy to follow dance moves are added to the sleek, sexy and powerful workout experience. To enhance the Pilates and boxing movements the use of ½ pound weighted gloves are incorporated. Gloves can be purchased at the front desk. PILOXING® incorporates barefoot training as the preferred option over wearing conventional footwear. Even though barefoot training is not required it's highly encouraged.
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		
willPower & Grace	All Levels	willPower & Grace is a sweaty, dynamic fusion of the most popular group exercise workouts. All you need is your body weight and your bare feet. The cardio segment is a fusion of calisthenics, dance principles and functional training drills.
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		
Cycle	All Levels	SIGN UP REQUIRED AT THE FRONT DESK. 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.
YOGA & PILATES CLASSES		
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.