



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A - 9:00P
 (480) 732 - 9777

Mountainside Fitness Centers Ocotillo February 2012 Group Fitness Schedule

Childcare Hours
 M-F 7:30A - 8:30P
 Sat 7:45A - 6:00P
 Sun 7:45A - 3:00P



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 AM 5:15 Cycle**LA 5:15 TBC**TV <u>5:30 TRX Mash Up-MS</u> 6:00 Abs to the Core*-JMP 8:30 Zumba-NB 8:30 Cycle-AL 9:30 PILOXING-AL 10:30 Muscle-KV PM 4:30 TBC-KV 5:30 Zumba**-NG 5:30 Cycle-TT 6:15 Muscle**-RK 7:00 Dance Junkie**-NM	2 AM 5:15 Cycle**TJ 5:15 Power Yoga-TT 8:30 Cardio Bosu*-GI 9:00 Muscle**-GI 9:00 Cycle-TV 9:00 Fit Kids 3-6*# 9:45 Zumba-NB PM 4:30 Cardio Kickbox**-JF 5:15 Muscle**-JF 6:00 PILOXING-KV 6:00 Cycle-TW 7:00 Gentle Yoga-MF <u>7:00 Core Boot Camp-KV</u>	3 AM 5:15 Cycle**AL 5:15 Muscle**-TV 6:00 Power Yoga*-AL 8:30 PILOXING-AL 8:30 Cycle-LA 9:30 Fitness Yoga-AL <u>9:30 Booty Camp-KV</u> 10:30 willPower & Grace-KV PM <u>12:00 PWRIMOVES-JMC</u> 4:30 Cycle-TV	4 AM 8:00 Cycle-TJ 9:00 Cycle-LA will Power & Grace Master Class open to members 9am-10:30am Group Fitness Studio closed for instructor training.
5 AM 8:00 Cycle-TJ 8:30 TBC-LA 9:00 Cycle-TT 9:30 Abs & Buns*-LA 10:00 Upper Body Blast*-LA 10:30 Gentle Yoga-MF	6 AM 5:15 Cycle**TT <u>5:15 Boot Camp**TV</u> 6:00 Upper Body Blast**TT 8:30 TBC-GI 8:30 Cycle-KS 9:30 Muscle-GI 10:30 Zumba-NB PM 4:30 TBC-SR 5:30 Cycle-RS 5:30 Step II**JM 6:15 Muscle**-JM 7:00 Zumba-OC	7 AM 5:15 Cycle**TT 5:15 Power Yoga-NB 8:30 Muscle-KV 9:00 Cycle-LA 9:00 Fit Kids 3-6*# 9:30 Cardio Kickbox-TV PM 4:30 Cardio Kickbox**-KV 5:15 Muscle**-JF 6:00 TBC-JF 6:00 Cycle-NKB 7:00 Zumba-MP <u>7:00 Core Boot Camp-JMP</u>	8 AM 5:15 Cycle**LA 5:15 TBC**TV 6:00 Abs to the Core*-JMP 8:30 Zumba-NB 8:30 Cycle-AL <u>9:00 Extreme C.T.-TV</u> 9:30 PILOXING-AL 10:30 Muscle-KV PM 4:30 TBC-KV 5:30 Zumba**-NG 5:30 Cycle-TT 6:15 Muscle**-RK 7:00 Dance Junkie**-NM	9 AM 5:15 Cycle**TJ 5:15 Power Yoga-TT 8:30 Cardio Bosu*-GI 9:00 Muscle**-GI 9:00 Cycle-TV 9:00 Fit Kids 3-6*# 9:45 Zumba-NB PM 4:30 Cardio Kickbox**-JF 5:15 Muscle**-JF 6:00 PILOXING-KV 6:00 Cycle-TW 7:00 Gentle Yoga-MF <u>7:00 Core Boot Camp-KV</u>	10 AM 5:15 Cycle**AL 5:15 Muscle**-TV 6:00 Power Yoga*-AL 8:30 PILOXING-AL 8:30 Cycle-LA 9:30 Fitness Yoga-AL <u>9:30 Booty Camp-KV</u> 10:30 willPower & Grace-KV PM <u>12:00 PWRIMOVES-JMC</u> 4:30 Cycle-TV	11 AM 8:00 Zumba-NG 8:00 Cycle-JF 9:00 Cycle-LA 9:00 Muscle-KV 10:00 Cardio Kickbox-KV
12 AM 8:00 Cycle-TV 8:30 TBC-JF 9:00 Cycle-LA 9:30 Abs & Buns*-JF 10:00 Upper Body Blast*-JF 10:30 Gentle Yoga-MF	13 AM 5:15 Cycle**TT <u>5:15 Boot Camp**TV</u> 6:00 Upper Body Blast**TT 8:30 TBC-GI 8:30 Cycle-KS 9:30 Muscle-GI 10:30 Zumba-NB PM 4:30 TBC-SR 5:30 Cycle-RS 5:30 Step II**JM 6:15 Muscle**-JM 7:00 Zumba-OC	14 AM 5:15 Cycle**TT 5:15 Power Yoga-NB 8:30 Muscle-KV 9:00 Cycle-LA 9:00 Fit Kids 3-6*# 9:30 Cardio Kickbox-TV PM 4:30 Cardio Kickbox**-KV 5:15 Muscle**-JF 6:00 TBC-JF 6:00 Cycle-NKB 7:00 Zumba-MP <u>7:00 Core Boot Camp-JMP</u>	15 AM 5:15 Cycle**LA 5:15 TBC**TV 6:00 Abs to the Core*-JMP 8:30 Zumba-NB 8:30 Cycle-AL <u>9:00 Extreme C.T.-TV</u> 9:30 PILOXING-AL 10:30 Muscle-KV PM 4:30 TBC-KV 5:30 Zumba**-NG 5:30 Cycle-TT 6:15 Muscle**-RK 7:00 Dance Junkie**-NM	16 AM 5:15 Cycle**TJ 5:15 Power Yoga-TT 8:30 Cardio Bosu*-GI 9:00 Muscle**-GI 9:00 Cycle-TV 9:00 Fit Kids 3-6*# 9:45 Zumba-NB PM 4:30 Cardio Kickbox**-JF 5:15 Muscle**-JF 6:00 PILOXING-KV 6:00 Cycle-TW 7:00 Gentle Yoga-MF <u>7:00 Core Boot Camp-KV</u>	17 AM 5:15 Cycle**SM 5:15 Muscle**-TV 6:00 Power Yoga*-SM 8:30 PILOXING-AL 8:30 Cycle-LA 9:30 Fitness Yoga-AL <u>9:30 Booty Camp-KV</u> 10:30 willPower & Grace-KV PM <u>12:00 PWRIMOVES-LA</u> 4:30 Cycle-TV	18 AM 8:00 Zumba-NG 8:00 Cycle-TW 9:00 Cycle-RS 9:00 Muscle-KS 10:00 Cardio Kickbox-KS
19 AM 8:30 TBC-JF 9:30 Abs & Buns*-JF 10:00 Upper Body Blast*-JF 10:30 Gentle Yoga-MF 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**TT <u>5:15 Boot Camp**TV</u> 6:00 Upper Body Blast**TT 8:30 TBC-GI 8:30 Cycle-KS 9:30 Muscle-GI 10:30 Zumba-NB PM 4:30 TBC-SR 5:30 Cycle-RS 5:30 Step II**JM 6:15 Muscle**-JM 7:00 Zumba-OC	21 AM 5:15 Cycle**TT 5:15 Power Yoga-NB 8:30 Muscle-KV 9:00 Cycle-LA 9:00 Fit Kids 3-6*# 9:30 Cardio Kickbox-TV PM 4:30 Cardio Kickbox**-KV 5:15 Muscle**-JF 6:00 TBC-JF 6:00 Cycle-NKB 7:00 Zumba-MP <u>7:00 Core Boot Camp-JMP</u>	22 AM 5:15 Cycle**LA 5:15 TBC**TV 6:00 Abs to the Core*-JMP 8:30 Zumba-NB 8:30 Cycle-AL 9:30 PILOXING-AL 10:30 Muscle-KV PM 4:30 TBC-KV 5:30 Zumba**-NG 5:30 Cycle-TT 6:15 Muscle**-RK 7:00 Dance Junkie**-NM	23 AM 5:15 Cycle**TJ 5:15 Power Yoga-TT 8:30 Cardio Bosu*-GI 9:00 Muscle**-GI 9:00 Cycle-TV 9:00 Fit Kids 3-6*# 9:45 Zumba-NB PM 4:30 Cardio Kickbox**-TV 5:15 Muscle**-KV 6:00 PILOXING-KV 6:00 Cycle-TW 7:00 Gentle Yoga-MF <u>7:00 Core Boot Camp-KV</u>	24 AM 5:15 Cycle**SM 5:15 Muscle**-TV 6:00 Power Yoga*-SM 8:30 PILOXING-AL 8:30 Cycle-LA 9:30 Fitness Yoga-AL 10:30 willPower & Grace-KV PM <u>12:00 PWRIMOVES-LA</u> 4:30 Cycle-TV	25 AM 8:00 Zumba-NG 8:00 Cycle-JF 9:00 Cycle-LA 9:00 Muscle-KV 10:00 Cardio Kickbox-KV
26 AM 8:00 Cycle-TV 8:30 TBC-JF 9:00 Cycle-TJ 9:30 Abs & Buns*-JF 10:00 Upper Body Blast*-JF 10:30 Gentle Yoga-MF	27 AM 5:15 Cycle**TT <u>5:15 Boot Camp**TV</u> 6:00 Upper Body Blast**TT 8:30 TBC-GI 8:30 Cycle-KS 9:30 Muscle-GI 10:30 Zumba-NB PM 4:30 TBC-SR 5:30 Cycle-RS 5:30 Step II**JM 6:15 Muscle**-JM 7:00 Zumba-OC	28 AM 5:15 Cycle**TT 5:15 Power Yoga-NB 8:30 Muscle-JMP 9:00 Cycle-LA 9:00 Fit Kids 3-6*# 9:30 Cardio Kickbox-TV PM 4:30 Cardio Kickbox**-KS 5:15 Muscle**-JF 6:00 TBC-JF 6:00 Cycle-NKB 7:00 Zumba-MP <u>7:00 Core Boot Camp-JMP</u>	29 AM 5:15 Cycle**LA 5:15 TBC**TV 6:00 Abs to the Core*-JMP 8:30 Zumba-NB 8:30 Cycle-AL 9:30 PILOXING-AL 10:30 Muscle-LA PM 4:30 TBC-JMP 5:30 Zumba**-NG 5:30 Cycle-TT 6:15 Muscle**-RK 7:00 Dance Junkie**-NM	Instructor Key AL-Amy AY-Andi BC-Brigitt CH-Chiffon CN-Crystal GI-Gail HP-Hallie JMC-Jane JF-Jeanette JM-Jody JMP-Julie KS-Kary KV-Kathy LA-Lisa LM-Lindy MF-Monty	Instructor Key NB-Natalie NKB-Nikki NM-Narissa MP-Maria OC-Omar RK-Roberta RS-Rob SH-Sarah H. SM-Sheila SR-Stacy TJ-Tara TT-Terri TV-Trish TW-Tracy W. TDT-Tracy	Symbol Key * 30 Minutes **45 Minutes # Basketball Court Cycle reservations are required. Sign up for cycle at the front desk 30 minutes prior to class time. Schedule subject to change without notice Fee for underlined & italicized classes.

Class	Level	Description
CARDIO CLASSES		
Step II	Intermediate	Intermediate step combinations for a great cardio workout.
Cardio Bosu	Intermediate	Easy to follow step combinations and athletic drills utilizing the bosu ball for a great cardio workout.
Cardio Kickbox	Intermediate	A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills. Boxing bags may be used in some classes, participants can bring their own gloves or shadow box.
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. You will walk away sweaty, cooled and stretched.
Dance Junkie	All Levels	This class brings the club life into the group fitness studio by teaching the hottest dance moves. Start with just 8 counts and by the end of the class you will be ready to hit the clubs with the confidence.
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 to the core	All Levels	Target the abdominals and lower back to improve core strength.
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 aerobic intervals. Bring a towel and water bottle and be prepared to sweat. Sign up required.
YOGA & PILATES CLASSES		
Yoga 101	Beginner	Learn the basic postures in a slower paced class while increasing flexibility, range of motion and balance.
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.
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.
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 3-6	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.