



**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 September 2010 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
<b>Instructor Key</b> AC-Amanda AL-Amy AY-Andi BS-Brooks CH-Chiffon CM-Cheryl CN-Crystal EV-Edna GI-Gail HP-Hallie JMC-Jane JF-Jeanette JM-Jody KG-Karen KP-Kanani KS-Kary KV-Kathy	<b>Instructor Key</b> LA-Lisa A LM-Lindy LMG-Lauren MF-Monty MR-Melissa NB-Natalie NM-Narissa NS-Nicole RK-Roberta RS-Rob SG-Sarah SM-Sheila SR-Stacy TJ-Tara TT-Terri TV-Trish TW-Tracy W.		<b>1</b> <b>AM</b> 5:15 Cycle**TJ 5:15 TBC**TV 6:00 Abs to the Core*TJ 8:30 Zumba-KP <b>8:30 Cycle-AL</b> 9:00 Fit Kids 3-6*# 9:30 Fitness Yoga-AL <u>9:30 Mommy Boot Camp-SG</u> <b>9:45 Cycle**LM</b> 10:30 Muscle-SR <b>PM</b> <u>4:00 Zumba Kids*AC</u> 4:30 TBC-KV 5:30 Zumba**EV <b>5:30 Cycle-SG</b> 6:15 Muscle**RK 7:00 Cardio Hip Hop**NM	<b>2</b> <b>AM</b> 5:15 Cycle**TJ 5:15 Power Yoga-TT 8:30 Cardio Bosu*KV 9:00 Muscle**KV <b>9:00 Cycle-TV</b> 9:00 Fit Kids 3-6*# 9:45 Zumba-NB <b>PM</b> 3:30 Yoga 101**CN 4:30 TurboKick-JF 5:30 Muscle**JF 6:15 Zumba Toning**EV <b>6:00 Cycle-TW</b> 7:00 Gentle Yoga-MF	<b>3</b> <b>AM</b> 5:15 Cycle**SM 5:15 Muscle**TV 6:00 Power Yoga*SM 8:30 TurboKick-AL <b>8:30 Cycle-JF</b> 9:30 Muscle-LA <u>9:30 Mommy Boot Camp-AL</u> <b>PM</b> <b>4:30 Cycle-SG</b>	<b>4</b> <b>AM</b> 8:00 Power Yoga-KS <b>8:00 Cycle-TT</b> <b>9:00 Cycle-KS</b> 9:00 Muscle-TT 10:00 Cardio Kickbox-JF
<b>5</b> <b>AM</b> <b>8:00 Cycle-TJ</b> 8:30 TurboKick-KS <b>9:00 Cycle-LA</b> 9:30 Abs & Buns*KS 10:00 Upper Body Blast**KS 10:30 Gentle Yoga-CM	<b>6</b> <b>AM</b> 8:30 TBC-GI <b>8:30 Cycle-KS</b> 9:30 Power Yoga-GI 10:30 Zumba-KP <p style="text-align: center;"><b>LABOR DAY HOURS</b>  <b>6AM-2PM</b></p>	<b>7</b> <b>AM</b> <b>5:15 Cycle**TT</b> 5:15 Power Yoga-NB 8:30 Muscle-KV <b>9:00 Cycle-LA</b> 9:00 Fit Kids 3-6*# 9:30 Cardio Kickbox-TV <b>PM</b> 3:30 Yoga 101**KG 4:30 Cardio Kickbox**KV 5:15 Muscle**TT 6:00 TBC-JF <b>6:00 Cycle-TT</b> 7:00 PiYo-SM	<b>8</b> <b>AM</b> <b>5:15 Cycle**TJ</b> 5:15 TBC**TV 6:00 Abs to the Core*TJ 8:30 Zumba-KP <b>8:30 Cycle-AL</b> 9:00 Fit Kids 3-6*# 9:30 Fitness Yoga-AL <u>9:30 Mommy Boot Camp-SG</u> <b>9:45 Cycle**LM</b> 10:30 Muscle-KV <b>PM</b> <u>4:00 Zumba Kids*AC</u> 4:30 TBC-KV 5:30 Zumba**NS <b>5:30 Cycle-SG</b> 6:15 Muscle**RK 7:00 Tease Dance**NM	<b>9</b> <b>AM</b> <b>5:15 Cycle**TJ</b> 5:15 Power Yoga-TT 8:30 Cardio Bosu*GI 9:00 Muscle**GI <b>9:00 Cycle-TV</b> 9:00 Fit Kids 3-6*# 9:45 Zumba-AC <b>PM</b> 3:30 Yoga 101**CN 4:30 TurboKick-JF 5:30 Muscle**JF 6:15 Zumba Toning**EV <b>6:00 Cycle-TW</b> 7:00 Gentle Yoga-MF	<b>10</b> <b>AM</b> <b>5:15 Cycle**SM</b> 5:15 Muscle**SG 6:00 Power Yoga*SM 8:30 TurboKick-AL <b>8:30 Cycle-JF</b> 9:30 Muscle-LA <u>9:30 Mommy Boot Camp-AL</u> <b>PM</b> <b>4:30 Cycle-SG</b>	<b>11</b> <b>AM</b> 8:00 Power Yoga-TT <b>8:00 Cycle-TT</b> <b>9:00 Cycle-TT</b> 9:00 Muscle-KV 10:00 Cardio Kickbox-KV
<b>12</b> <b>AM</b> <b>8:00 Cycle-TT</b> 8:30 TurboKick-KP <b>9:00 Cycle-LA</b> 9:30 Abs & Buns*KP 10:00 Upper Body Blast**KP 10:30 Gentle Yoga-MF	<b>13</b> <b>AM</b> <b>5:15 Cycle**TT</b> 6:00 Upper Body Blast**TT 8:30 TBC-GI <b>8:30 Cycle-KS</b> 9:30 Power Yoga-GI <u>9:30 Mommy Boot Camp-AY</u> 10:30 Zumba-NB <b>PM</b> <u>4:00 Zumba Kids*AC</u> 4:30 TBC-KS <b>5:30 Cycle-RS</b> 5:30 Step II**JM 6:15 Muscle**JM 7:00 Zumba-NS	<b>14</b> <b>AM</b> <b>5:15 Cycle**TT</b> 5:15 Power Yoga-NB 8:30 Muscle-KV <b>9:00 Cycle-LA</b> 9:00 Fit Kids 3-6*# 9:30 Cardio Kickbox-TV <b>PM</b> 3:30 Yoga 101**KG 4:30 Cardio Kickbox**KV 5:15 Muscle**TT 6:00 TBC-JF <b>6:00 Cycle-TT</b> 7:00 PiYo-SM	<b>15</b> <b>AM</b> <b>5:15 Cycle**TJ</b> 5:15 TBC**TV 6:00 Abs to the Core*TJ 8:30 Zumba-KP <b>8:30 Cycle-AL</b> 9:00 Fit Kids 3-6*# 9:30 Fitness Yoga-AL <u>9:30 Mommy Boot Camp-SG</u> <b>9:45 Cycle**LM</b> 10:30 Muscle-SR <b>PM</b> <u>4:00 Zumba Kids*AC</u> 4:30 TBC-KV 5:30 Zumba**NS <b>5:30 Cycle-SG</b> 6:15 Muscle**RK	<b>16</b> <b>AM</b> <b>5:15 Cycle**TJ</b> 5:15 Power Yoga-TT 8:30 Cardio Bosu*GI 9:00 Muscle**GI <b>9:00 Cycle-TV</b> 9:00 Fit Kids 3-6*# 9:45 Zumba-NB <b>PM</b> 3:30 Yoga 101**KS 4:30 TurboKick-JF 5:30 Muscle**JF 6:15 Zumba Toning**EV <b>6:00 Cycle-TW</b> 7:00 Gentle Yoga-MF	<b>17</b> <b>AM</b> <b>5:15 Cycle**SM</b> 5:15 Muscle**TV 6:00 Power Yoga*SM 8:30 TurboKick-AL <b>8:30 Cycle-JF</b> 9:30 Muscle-LA <u>9:30 Mommy Boot Camp-AL</u> <b>PM</b> <b>4:30 Cycle-SG</b>	<b>18</b> <b>AM</b> 8:00 Power Yoga-CM <b>8:00 Cycle-JF</b> <b>9:00 Cycle-TT</b> 9:00 Muscle-KV 10:00 Cardio Kickbox-KV
<b>19</b> <b>AM</b> <b>8:00 Cycle-TV</b> 8:30 TurboKick-KP <b>9:00 Cycle-JF</b> 9:30 Abs & Buns*KP 10:00 Upper Body Blast**KP 10:30 Gentle Yoga-JF	<b>20</b> <b>AM</b> <b>5:15 Cycle**TT</b> 6:00 Upper Body Blast**TT 8:30 TBC-GI <b>8:30 Cycle-AY</b> 9:30 Power Yoga-GI <u>9:30 Mommy Boot Camp-AY</u> 10:30 Zumba-NB <b>PM</b> <u>4:00 Zumba Kids*AC</u> 4:30 TBC-KV <b>5:30 Cycle-TW</b> 5:30 Step II**JM 6:15 Muscle**JM 7:00 Zumba-NS	<b>21</b> <b>AM</b> <b>5:15 Cycle**TT</b> 5:15 Power Yoga-NB 8:30 Muscle-KV <b>9:00 Cycle-LA</b> 9:00 Fit Kids 3-6*# 9:30 Cardio Kickbox-TV <b>PM</b> 3:30 Yoga 101**KG 4:30 Cardio Kickbox**KV 5:15 Muscle**TT 6:00 TBC-JF <b>6:00 Cycle-TT</b> 7:00 PiYo-SM <u>7:00 Boot Camp-SG</u>	<b>22</b> <b>AM</b> <b>5:15 Cycle**TJ</b> 5:15 TBC**TV 6:00 Abs to the Core*TJ 8:30 Zumba-KP <b>8:30 Cycle-AL</b> 9:00 Fit Kids 3-6*# 9:30 Fitness Yoga-AL <u>9:30 Mommy Boot Camp-SG</u> <b>9:45 Cycle**LM</b> 10:30 Muscle-KV <b>PM</b> <u>4:00 Zumba Kids*AC</u> 4:30 TBC-KV 5:30 Zumba**NS <b>5:30 Cycle-SG</b> 6:15 Muscle**RK 7:00 Tease Dance**NM	<b>23</b> <b>AM</b> <b>5:15 Cycle**TJ</b> 5:15 Power Yoga-TT 8:30 Cardio Bosu*GI 9:00 Muscle**GI <b>9:00 Cycle-TV</b> 9:00 Fit Kids 3-6*# 9:45 Zumba-NB <b>PM</b> 3:30 Yoga 101**CN 4:30 TurboKick-JF 5:30 Muscle**JF 6:15 Zumba Toning**KP <b>6:00 Cycle-TW</b> 7:00 Gentle Yoga-MF <u>7:00 Boot Camp-KV</u>	<b>24</b> <b>AM</b> <b>5:15 Cycle**SM</b> 5:15 Muscle**TV 6:00 Power Yoga*SM 8:30 TurboKick-AL <b>8:30 Cycle-JF</b> 9:30 Muscle-LA <u>9:30 Mommy Boot Camp-AL</u> <b>PM</b> <b>4:30 Cycle-SG</b>	<b>25</b> <b>AM</b> 8:00 Power Yoga-TJ <b>8:00 Cycle-TT</b> <b>9:00 Cycle-TT</b> 9:00 Muscle-TT 10:00 Cardio Kickbox-JF <p style="text-align: center;"><b>Family Yoga</b>  <b>Parents &amp; Kids</b>  <b>ages 5 and up!</b>  <b>11am-11:45am</b>  <b>Instructed by:</b>  <b>Jackie</b></p>
<b>26</b> <b>AM</b> <b>8:00 Cycle-TV</b> 8:30 TurboKick-KS <b>9:00 Cycle-TT</b> 9:30 Abs & Buns*KS 10:00 Upper Body Blast**KS 10:30 Gentle Yoga-JF	<b>27</b> <b>AM</b> <b>5:15 Cycle**TT</b> 6:00 Upper Body Blast**TT 8:30 TBC-GI <b>8:30 Cycle-KS</b> 9:30 Power Yoga-GI <u>9:30 Mommy Boot Camp-AY</u> 10:30 Zumba-NB <b>PM</b> <u>4:00 Zumba Kids*AC</u> 4:30 TBC-KS <b>5:30 Cycle-RS</b> 5:30 Step II**JM 6:15 Muscle**JM 7:00 Zumba-NS	<b>28</b> <b>AM</b> <b>5:15 Cycle**TT</b> 5:15 Power Yoga-NB 8:30 Muscle-KV <b>9:00 Cycle-LA</b> 9:00 Fit Kids 3-6*# 9:30 Cardio Kickbox-TV <b>PM</b> 3:30 Yoga 101**KG 4:30 Cardio Kickbox**KV 5:15 Muscle**TT 6:00 TBC-JF <b>6:00 Cycle-TT</b> 7:00 PiYo-SM <u>7:00 Boot Camp-SG</u>	<b>29</b> <b>AM</b> <b>5:15 Cycle**TJ</b> 5:15 TBC**TV 6:00 Abs to the Core*TJ 8:30 Zumba-KP <b>8:30 Cycle-AL</b> 9:00 Fit Kids 3-6*# 9:30 Fitness Yoga-AL <b>9:45 Cycle**LM</b> 10:30 Muscle-SR <b>PM</b> <u>4:00 Zumba Kids*AC</u> 4:30 TBC-KV 5:30 Zumba**NS <b>5:30 Cycle-SG</b> 6:15 Muscle**RK 7:00 Cardio Hip Hop**NM	<b>30</b> <b>AM</b> <b>5:15 Cycle**TJ</b> 5:15 Power Yoga-TT 8:30 Cardio Bosu*GI 9:00 Muscle**GI <b>9:00 Cycle-TV</b> 9:00 Fit Kids 3-6*# 9:45 Zumba-NB <b>PM</b> 3:30 Yoga 101**CN 4:30 TurboKick-JF 5:30 Muscle**JF 6:15 Zumba Toning**EV <b>6:00 Cycle-TW</b> 7:00 Gentle Yoga-MF <u>7:00 Boot Camp-KV</u>	<b>Cycle reservations are required. Sign up for cycle at the front desk 30 minutes prior to class time.</b> <b>Schedule subject to change without notice</b>	<b>Symbol Key</b> * 30 Minutes **45 Minutes # Basketball Court

Class	Level	Description
<b>CARDIO CLASSES</b>		
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. <b>Boxing bags may be used in some classes, participants can bring their own gloves or shadow box.</b>
TurboKick	Intermediate	The hottest kickboxing class in the industry. The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training.
TBC	Intermediate	Total body conditioning is a minimal choreography, maximal results class. Improve cardiovascular and muscular endurance in this fun yet challenging class
<b>SPECIALTY CLASSES</b>		
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.
Zumba Toning	All Levels	ZUMBA Toning takes the original zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of light weight toning sticks or dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive light weight training to improve overall performance.
Tease Dance	All Levels	Learn to roll your hips and work up a sweat in this sensual dance class.
<b>STRENGTH TRAINING CLASSES</b>		
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.
<b>CYCLE CLASSES</b>		
<b>SIGN UP REQUIRED AT THE FRONT DESK.</b>		
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>
<b>YOGA &amp; PILATES CLASSES</b>		
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, <u>pushups, and intense postures are used to enhance your mind/body experience.</u>
PiYo	Intermediate	An athletic blend of yoga and Pilates to create a time efficient workout. The movements will flow and combine yoga poses <u>and core conditioning into one class.</u>
Mat Pilates	All Levels	Increases body awareness and improve your posture with exercises that focus on your abdominals and back, but plan to use <u>your whole body and mind.</u>
<b>KIDS CLASSES</b>		
Fit Kids	Ages 3-6	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.