



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A - 9:00P

Mountainside Fitness Centers Ocotillo September 2010 Mind Body 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
Symbol Key * 30 Minutes **45 Minutes Fee required for underlined and italicized classes	Instructor Key AL-Amy CH-Chiffon CM-Cheryl GI-Gail HP-Hallie JF-Jeanette JP-Jackie JY-Jennie KS-Kary KV-Kathy V.	Instructor Key LA-Lisa A. MF-Monty NB-Natalie RW-Regan SG-Sarah SM-Sheila SR-Stacy TJ-Tara TT-Terri	1 AM 8:30 Gentle Yoga-KS 9:30 Mat Pilates-HP PM 4:30 Power Yoga-JY	2 AM 6:00 Mat Pilates*-TJ 9:30 PiYo-JF PM 4:30 <i>Martial Arts All Ages</i> 6:00 Power Yoga-MF	3 AM 8:30 Power Yoga-NB 9:30 Mat Pilates-CH	4 AM 8:00 Mat Pilates-CH 9:00 PiYo-JF 10:00 Gentle Yoga-MF
5 AM 9:00 Power Yoga-TJ	6 AM 9:30 Mat Pilates-CH LABOR DAY HOURS 6AM-2PM	7 AM 6:00 Mat Pilates*-TT 8:30 PiYo-GI 9:30 Gentle Yoga-JP PM 4:30 <i>Martial Arts All Ages</i> 6:00 Power Yoga-MF 7:00 Gentle Yoga-MF	8 AM 8:30 Gentle Yoga-KS 9:30 Mat Pilates-HP PM 4:30 Power Yoga-JY	9 AM 6:00 Mat Pilates*-TJ 9:30 PiYo-JF PM 4:30 <i>Martial Arts All Ages</i> 6:00 Power Yoga-MF	10 AM 8:30 Power Yoga-JY 9:30 Mat Pilates-CH	11 AM 8:00 Mat Pilates-SR 9:00 PiYo-JF 10:00 Gentle Yoga-MF
12 AM 9:00 Power Yoga-TT	13 AM 9:30 Mat Pilates-CH PM 4:30 Power Yoga-JF	14 AM 6:00 Mat Pilates*-TT 8:30 PiYo-GI 9:30 Gentle Yoga-JP PM 4:30 <i>Martial Arts All Ages</i> 6:00 Power Yoga-MF 7:00 Gentle Yoga-MF	15 AM 8:30 Gentle Yoga-KS 9:30 Mat Pilates-HP PM 4:30 Power Yoga-JY	16 AM 6:00 Mat Pilates*-TJ 9:30 PiYo-JF PM 4:30 <i>Martial Arts All Ages</i> 6:00 Power Yoga-MF	17 AM 8:30 Power Yoga-NB 9:30 Mat Pilates-CH	18 AM 8:00 Mat Pilates-SR 9:00 PiYo-JF 10:00 Gentle Yoga-MF
19 AM 9:00 Power Yoga-CM	20 AM 9:30 Mat Pilates-CH PM 4:30 Power Yoga-JF	21 AM 6:00 Mat Pilates*-TT 8:30 PiYo-GI 9:30 Gentle Yoga-JP PM 4:30 <i>Martial Arts All Ages</i> 6:00 Power Yoga-MF 7:00 Gentle Yoga-MF	22 AM 8:30 Gentle Yoga-NB 9:30 Mat Pilates-HP PM 4:30 Power Yoga-JY	23 AM 6:00 Mat Pilates*-TJ 9:30 PiYo-JF PM 4:30 <i>Martial Arts All Ages</i> 6:00 Power Yoga-MF	24 AM 8:30 Power Yoga-NB 9:30 Mat Pilates-CH	25 AM 8:00 Mat Pilates-CH 9:00 PiYo-JF 10:00 Gentle Yoga-JP
26 AM 9:00 Power Yoga-TJ	27 AM 9:30 Mat Pilates-CH PM 4:30 Power Yoga-JF	28 AM 6:00 Mat Pilates*-TT 8:30 PiYo-GI 9:30 Gentle Yoga-JP PM 4:30 <i>Martial Arts All Ages</i> 6:00 Power Yoga-MF 7:00 Gentle Yoga-MF	29 AM 8:30 Gentle Yoga-NB 9:30 Mat Pilates-HP PM 4:30 Power Yoga-JY	30 AM 6:00 Mat Pilates*-TJ 9:30 PiYo-JF PM 4:30 <i>Martial Arts All Ages</i> 6:00 Power Yoga-MF	Schedule subject to change without notice. Reservations required for classes held in the mind/body studio. Sign up available at the front desk 30 minutes prior to class time.	

Class Name	Level	Description
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.
PiYo	All Levels	This class is 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.
Power Yoga	Intermediate	Take your practice to the next level by incorporating strength, balance and flexibility while improving body awareness.
Gentle Yoga	All Levels	A combination of breathing, flexibility, strength, and balance while flowing at a slow pace.
Martial Arts for all ages	5 and Up.	Get a full-body workout while learning practical self-defense and martial arts with the whole family. \$45 per month for all karate classes. Marsha and John Fagan (602) 944 - 0757 or email younwha.az@hotmail.com.