



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

Mountainside Fitness Centers Ocotillo February 2012 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
			1 AM 8:30 Gentle Yoga-CN 9:30 Power Yoga-NB PM 5:30 Power Yoga-JY	2 AM 9:30 PiYo-HP PM 6:00 Power Yoga+-MF	3 AM 8:30 Power Yoga-NB 9:30 Mat Pilates-CH	4 AM 8:00 Mat Pilates-SR 9:00 PiYo-TJ 10:00 Gentle Yoga-JP
5 AM 9:00 Power Yoga-MF	6 AM 9:30 Mat Pilates-CH PM 5:30 Power Yoga-JF	7 AM 6:00 Mat Pilates*-TT 8:30 PiYo-GI 9:30 Gentle Yoga-JP PM <i>4:30 Martial Arts All Ages</i> 6:00 Power Yoga+-MF 7:00 Gentle Yoga-MF	8 AM 8:30 Gentle Yoga-KS 9:30 Power Yoga-NB PM 5:30 Power Yoga-JY	9 AM 9:30 PiYo-HP PM 6:00 Power Yoga+-MF	10 AM 8:30 Power Yoga-NB 9:30 Mat Pilates-CH	11 AM 8:00 Mat Pilates-KS 9:00 PiYo-JF 10:00 Gentle Yoga-JP
12 AM 9:00 Power Yoga-MF	13 AM 9:30 Mat Pilates-CH PM 5:30 Power Yoga-JF	14 AM 6:00 Mat Pilates*-TT 8:30 PiYo-GI 9:30 Gentle Yoga-JP PM <i>4:30 Martial Arts All Ages</i> 6:00 Power Yoga+-MF 7:00 Gentle Yoga-MF	15 AM 8:30 Gentle Yoga-KS 9:30 Power Yoga-NB PM 5:30 Power Yoga-JY	16 AM 9:30 PiYo-HP PM 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-JF
19 AM 9:00 Power Yoga-MF	20 AM 9:30 Mat Pilates-CH PM 5:30 Power Yoga-JF	21 AM 6:00 Mat Pilates*-TT 8:30 PiYo-GI 9:30 Gentle Yoga-JP PM <i>4:30 Martial Arts All Ages</i> 6:00 Power Yoga+-MF 7:00 Gentle Yoga-MF	22 AM 8:30 Gentle Yoga-KS 9:30 Power Yoga-NB PM 5:30 Power Yoga-JY	23 AM 9:30 PiYo-HP PM 6:00 Power Yoga+-MF	24 AM 8:30 Power Yoga-NB 9:30 Mat Pilates-CH	25 AM 8:00 Mat Pilates-SR 9:00 PiYo-JF 10:00 Gentle Yoga-JP
26 AM 9:00 Power Yoga-MF	27 AM 9:30 Mat Pilates-CH PM 5:30 Power Yoga-TT	28 AM 6:00 Mat Pilates*-TT 8:30 PiYo-GI 9:30 Gentle Yoga-JP PM <i>4:30 Martial Arts All Ages</i> 6:00 Power Yoga+-MF 7:00 Gentle Yoga-MF	29 AM 8:30 Gentle Yoga-KS 9:30 Power Yoga-NB PM 5:30 Power Yoga-JY	Symbol Key * 30 Minutes **45 Minutes # Basketball Court +Candlelit Mind/Body reservations are required. Sign up at the front desk 30 minutes prior to class time. Fee for underlined and italicized classes.	Instructor Key AL-Amy BC-Brigitt CH-Chiffon GI-Gail HP-Hallie JF-Jeanette JP-Jackie JY-Jennie KS-Kary	Instructor Key KV-Kathy V. LA-Lisa A. MF-Monty NB-Natalie RW-Regan SM-Sheila SR-Stacy TJ-Tara TT-Terri

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.