



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A - 9:00P
 480-214-4460

Mountainside Fitness Centers
Scottsdale Pavilions
May 2012 Mind Body 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
Instructor Key BQ-Babs CB-Connie CP-Candace GH-Greg JH-Jane JJ-Jill JL-Juile KK-Kelly LJ-Lynn LW-Lisa MC-Maria MF-Marisa	Instructor Key MD-Melissa MR-Michele R. PJ-Patty RB-Radhika TC-Tawny TS-Theresa	1 AM 6:30 Sunrise Yoga-LJ 8:30 Athletic Stretch & Core-MR 9:30 Yoga Flow-JH PM 4:30 <u>B. Barre-BQ</u> 5:30 Yoga 101-GH 6:30 Heated Power-GH	2 AM 6:00 Mat Pilates-LJ 8:30 Yoga -LW 9:30 Mat 2 Music-PJ 10:30 <u>B. Barre-BQ</u> PM 4:30 Urban Flow-MC 5:30 Mat Pilates- TS 6:30 Simply Stretch-JH	3 AM 6:30 Sunrise Yoga-LJ 8:30 Heated Deep Stretch-KK 9:30 Heated Power-TC PM 5:30 <u>B. Barre-KK</u> 6:30 Yoga-MD	4 AM 8:30 Yoga Flow-MD 9:30 <u>B. Barre-CB</u> PM 5:30 Simply Stretch-RB	5 AM 8:30 Yoga 101-LJ 9:30 Urban Flow-LJ 10:30 <u>B. Barre-MF</u>
6 AM 8:30 Mat 2 Music-LJ 9:30 Power Yoga- MD	7 AM 8:30 Yoga 101-RB 9:30 <u>B. Barre-KK</u> PM 4:30 Yoga 101-MD 5:30 Mat Pilates-TS 6:30 Urban Flow-JH	8 AM 6:30 Sunrise Yoga-LJ 8:30 Athletic Stretch & Core-MR 9:30 Yoga Flow-JH PM 4:30 <u>B. Barre-BQ</u> 5:30 Yoga 101-GH 6:30 Heated Power-GH	9 AM 6:00 Mat Pilates-LJ 8:30 Yoga -LW 9:30 Mat 2 Music-PJ 10:30 <u>B. Barre-BQ</u> PM 4:30 Urban Flow-MC 5:30 Mat Pilates- TS 6:30 Simply Stretch-JH	10 AM 6:30 Sunrise Yoga-LJ 8:30 Heated Deep Stretch-KK 9:30 Heated Power-TC PM 5:30 <u>B. Barre-KK</u> 6:30 Yoga-MD	11 AM 8:30 Yoga Flow-MD 9:30 <u>B. Barre-CB</u> PM 5:30 Simply Stretch-RB	12 AM 8:30 Yoga 101-LJ 9:30 Urban Flow-LJ 10:30 <u>B. Barre-MF</u>
13 AM 8:30 Mat 2 Music-LJ 9:30 Power Yoga- MD	14 AM 8:30 Yoga 101-LW 9:30 <u>B. Barre-KK</u> PM 4:30 Yoga 101-MD 5:30 Mat Pilates-TS 6:30 Urban Flow-JH	15 AM 6:30 Sunrise Yoga-LJ 8:30 Athletic Stretch & Core-MR 9:30 Yoga Flow-JH PM 4:30 <u>B. Barre-BQ</u> 5:30 Yoga 101-GH 6:30 Heated Power-GH	16 AM 6:00 Mat Pilates-LJ 8:30 Yoga -LW 9:30 Mat 2 Music-PJ 10:30 <u>B. Barre-BQ</u> PM 4:30 Urban Flow-MC 5:30 Mat Pilates- TS 6:30 Simply Stretch-JH	17 AM 6:30 Sunrise Yoga-LJ 8:30 Heated Deep Stretch-RB 9:30 Heated Power-RB PM 5:30 <u>B. Barre-KK</u> 6:30 Yoga-MD	18 AM 8:30 Yoga Flow-MD 9:30 <u>B. Barre-CB</u> PM 5:30 Simply Stretch-RB	19 AM 8:30 Yoga 101-LJ 9:30 Urban Flow-LJ 10:30 <u>B. Barre-MF</u>
20 AM 8:30 Mat 2 Music-LJ 9:30 Power Yoga- MD	21 AM 8:30 Yoga 101-LW 9:30 <u>B. Barre-KK</u> PM 4:30 Yoga 101-MD 5:30 Mat Pilates-TS 6:30 Urban Flow-JH	22 AM 6:30 Sunrise Yoga-LJ 8:30 Athletic Stretch & Core-MR 9:30 Yoga Flow-JH PM 4:30 <u>B. Barre-BQ</u> 5:30 Yoga 101-GH 6:30 Heated Power-GH	23 AM 6:00 Mat Pilates-LJ 8:30 Yoga -LW 9:30 Mat 2 Music-PJ 10:30 <u>B. Barre-BQ</u> PM 4:30 Urban Flow-MC 5:30 Mat Pilates-TS 6:30 Simply Stretch-JH	24 AM 6:30 Sunrise Yoga-LJ 8:30 Heated Deep Stretch-KK 9:30 Heated Power-TC PM 5:30 <u>B. Barre-KK</u> 6:30 Yoga-MD	25 AM 8:30 Yoga Flow-GH 9:30 <u>B. Barre-CB</u> PM 5:30 Simply Stretch-RB	26 AM 8:30 Yoga 101-LJ 9:30 Urban Flow-LJ 10:30 <u>B. Barre-MF</u>
27 AM 8:30 Mat 2 Music-LJ 9:30 Power Yoga-MD	28 AM 8:30 Yoga 101-LW 9:30 <u>B. Barre-KK</u> PM 4:30 Yoga 101-MD 5:30 Mat Pilates-TS 6:30 Urban Flow-JH	29 AM 6:30 Sunrise Yoga-LJ 8:30 Athletic Stretch & Core-MR 9:30 Yoga Flow-JH PM 4:30 <u>B. Barre-BQ</u> 5:30 Yoga 101-GH 6:30 Heated Power-GH	30 AM 6:00 Mat Pilates-LJ 8:30 Yoga -LW 9:30 Mat 2 Music-PJ 10:30 <u>B. Barre-BQ</u> PM 4:30 Urban Flow-MC 5:30 Mat Pilates-TS 6:30 Simply Stretch-JH	31 AM 6:30 Sunrise Yoga-LJ 8:30 Heated Deep Stretch-KK 9:30 Heated Power-TC PM 5:30 <u>B. Barre-KK</u> 6:30 Yoga-MD	*Fee required for underlined and italicized classes *Schedule subject to change without notice.	

Scottsdale Pavilions Class Descriptions

<u>Class</u>	<u>Level</u>	<u>Description</u>
STEP CLASSES		
Step II/Step Up!	Intermediate	Intermediate step combinations for a great cardio workout.
Step Interval	Intermediate	High intensity step combinations with anaerobic conditioning.
CARDIO CLASSES		
Cardio Kickbox	Intermediate	A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills.
Circuit City	Intermediate	Cardio specific intervals for maximum calorie burning paired with standing core strengthening.
HIIT	Intermediate	The most intense cardio workout ever! In this 30 min class you will work cardio intervals to push yourself to the limit.
Bootcamp Bodz	All Levels	This class is designed to whip anyone in to shape, boot camp style! A combination of strength and endurance drills will whip your body in to shape faster than you ever thought possible!
TBC/TBB (Total Body Conditioning/Total Body Blast)	All Levels	Total body conditioning is a minimal choreography, maximal results class. Improve cardiovascular and muscular endurance in this fun yet challenging class
SPECIALTY CLASSES		
Cardio Dance	All Levels	A fun, energetic dance class that teaches the basic moves and turns them into a new dance each class.
GLEE Cardio Dance	All Levels	A fun, energetic dance class that is choreographed to the music of GLEE!
Zumba Tone	All Levels	When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.
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. *Presented by Core Concepts
Upper Body Blast	All Levels	This class focuses on strengthening the muscles in the upper body and core.
Long & Lean	All Levels	The use of low weights and high repetitions to build muscle that is long and lean.
Muscle Chisel	All Levels	This class focuses on muscular endurance to strengthen and define both the upper and lower body muscles utilizing assorted resistance tools. Sign up required at the front desk.
CYCLE CLASSES		
<i>Sign up at the front desk prior to class.</i>		
Cycle	All Levels	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.
Resist-n-Ride	Intermediate	A high energy aerobic ride with the addition of core and upper body exercises for an amazing full body workout!
Music Video Cycle	All Levels	Beat the heat and take your outdoor ride inside and have fun as you ride to music videos. 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.
Yoga	All Levels	Designed for all levels allowing you to move at your own pace without judgment or competition.
Power Yoga/Heated	Intermediate	Take your practice to the next level by incorporating strength, balance and flexibility while improving body awareness. *If class is heated it will be reflected on the schedule.
Yoga Flow/Heated	Intermediate	This class links yoga poses to breath, as you move fluidly through a series of vinyasa sequences. *If class is heated it will be reflected on the schedule.
Urban Flow	Intermediate	This class links yoga poses to breath, as you move fluidly through a series of vinyasa sequences all set to contemporary music.
Sunrise Yoga	All Levels	This approach to yoga will reshape & strengthen your yoga practice immensely by adding patience, consciousness, concentration and dedication regarding body and mind. Take the challenge to see how a slower and more deliberate practice can empower and energize you outside and in!
Simply Stretch	All Levels	A gentle, warm blend of stretch, flow, and spinal balance to help with alignment and range of motion. The focus of this class is to hold poses that offer a deep stretch in combination with relaxation.
Mat2Music	All Levels	A blend of traditional mat Pilates moves with inspiring music as a guide to strengthen, lengthen and tone all bodies.
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.
Booty Barre	All Levels	The Booty Barre™ workout is a uniquely fun, high-energy group fitness experience, which fuses exercise techniques from the worlds of Pilates, Dance, Cardio-Sculpting Moves and Yoga. (A ballet barre is used for this class.)
Athletic Stretch & Core	All Levels	This class focuses on core work and stretching to improve athletic performance.