



**Club Hours**  
 M-Th 4:30AM - 11:00PM  
 Friday 4:30AM - 9:00PM  
 Sat & Sun 6:00AM-:00PM

# Mountainside Fitness Centers PEORIA SEPTEMBER 2010 Group Fitness Schedule

**Childcare Hours**  
 M-F 7:30AM - 8:30PM  
 Sat 8:00AM-6:00PM  
 Sun 8:00AM-3:00PM



| Sun  | Mon   | Tues   | Wed   | Thurs  | Fri   | Sat   |
|--|---|--|---|--|---|---|
| <b>Symbol Key</b><br>* 30 Minutes<br>**45 Minutes<br># Basketball Court                  | <b>Instructor Key :</b><br>AP-April<br>AN-Antonella<br>AS-Amy<br>BI-Becky<br>BB-Brianne<br>CL-Cynthia<br>CM-Cathy<br>CE -Cyndy  | DC-Dan<br>EP-Erin<br>EE-Ed<br>ER-Elisia<br>JB-Julie<br>JS-John<br>JK-Justina<br>JL-Jenny<br>JJ-Jerry   | KM-Kimberly<br>LC-Lisa LA-Lennie<br>LK-Lorrie<br>LL-Lauriel<br>MS-Meredith<br>MP-Maile<br>RG-Renna'<br>TW-Tom<br>VS-Vicky   | <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>Evening Zumba reservations are required. Sign up for Zumba at the front desk 30 minutes prior to class time.</b>   |
| <b># Basketball Court</b><br><br><b>MONDAYS</b><br><b>Cardio Box in Basketball Court</b> | <b>TUESDAYS ZUMBA ONLY</b><br><b>First PM Zumba class in Basketball Court</b><br><br><b>Second PM Zumba class in Groupfit room</b>  |  | <b>1 AM</b><br>8:30 Cycle**-CM<br>9:30 Cycle-JL<br>8:30 Step-VS<br>9:30 Abs & Buns**VS<br>10:30 Zumba-LA<br><br><b>PM</b><br>6:00 Cycle-AS<br>5:30 TBC**-JB<br>6:15 Zumba**-JB<br>7:15 Cardio Kickbox-JS  | <b>2</b><br><b>5:30 Cycle-RG</b><br>8:30 TBC-LK<br>9:30 Cycle-LK<br>9:30 Step-JB<br><b>10:30 Abs &amp; Buns*JB</b><br><br><b>PM</b><br>4:30 Muscle-CL<br>5:30 Cycle-EE<br>5:30 TBC-CL<br>6:30 Zumba**-JB<br>6:30 Cycle-VS<br>7:15 Zumba Tone**-JB          | <b>3 AM</b><br>5:30 Cycle-CE<br>8:30 Cycle**-CM<br>8:30 Cardio Circuit- JK<br>9:30 Cycle-JK<br>9:30 Zumba**-JB<br>10:15 Zumba Tone**-JB<br><br><b>PM</b><br>5:30 Cycle-EE<br>6:00TBC**-JB         | <b>4 AM</b><br><br>8:30 TBC-BI<br>9:30 On the Ball**-BI<br><br>8:30 Cycle-ER<br>9:30 Cycle-LK   |
| <b>5 AM</b><br>8:30 - Cycle-VS<br><br>9:45 - TBC-VS                                      | <b>6 PUBLIC HOLIDAY CLUB HOURS : 6AM - 2PM</b><br><br>8:45 Muscle**-BI<br>8:30 Cycle**-RG<br>9:30 Cycle-JL<br>9:30 TBC-BI<br>10:30 Zumba-LA   | <b>7 AM</b><br>5:30 Cycle-RG<br>8:30 TBC-LK<br>8:30 Cycle-JK<br>9:30 Cycle-LK<br>9:30 Cardio Kickbox**JK<br><br><b>PM</b><br>5:30 Cycle**-VS<br>6:30 Cycle-ER<br>5:30 Step & Sculpt-ER<br>6:30 Zumba**-JB #<br>7:15 Zumba Tone**-JB  | <b>8 AM</b><br>8:30 Cycle**-CM<br>9:30 Cycle-JL<br>8:30 Step-VS<br>9:30 Abs & Buns**VS<br>10:30 Zumba-LA<br><br><b>PM</b><br>6:00 Cycle-AS<br>5:30 TBC**-JB<br>6:15 Zumba**-JB<br>7:15 Cardio Kickbox-JS  | <b>9</b><br><b>5:30 Cycle-RG</b><br>8:30 TBC-LK<br>9:30 Cycle-LK<br>9:30 Step-JB<br><b>10:30 Abs &amp; Buns*JB</b><br><br><b>PM</b><br>4:30 Muscle-CL<br>5:30 Cycle-EE<br>5:30 TBC-CL<br>6:30 Zumba**-JB<br>6:30 Cycle-VS<br>7:15 Zumba Tone**-JB          | <b>10 AM</b><br><b>5:30 Cycle-CE</b><br>8:30 Cycle**-CM<br>8:30 Cardio Circuit-JK<br>9:30 Cycle-JK<br>9:30 Zumba**-JB<br>10:15 Zumba Tone**-JB<br><br><b>PM</b><br>5:30 Cycle-EE<br>6:00 TBC**-JB | <b>11 AM</b><br><br>8:30 TBC-BI<br>9:30 On the Ball**-BI<br>10:30 Zumba-LA<br><br>8:30 Cycle-ER<br>9:30 Cycle-LK  |
| <b>12 AM</b><br>8:30 - Cycle-VS<br><br>9:45 - TBC-VS                                     | <b>13</b><br>5:30 Cycle-EP<br>8:45 Muscle**-BI<br>8:30 Cycle**-RG<br>9:30 Cycle-JL<br>9:30 TBC-BI<br>10:30 Zumba-LA<br><b>PM</b><br>4:30 On the Ball-JB<br>5:30 TBC-JB<br>5:30 Cycle101**-ER<br>6:30 Cardio Kickbox-JS #<br>6:30 Cycle-KM | <b>14 AM</b><br>5:30 Cycle-RG<br>8:30 TBC-LK<br>8:30 Cycle-JK<br>9:30 Cycle-LK<br>9:30 Cardio Kickbox**JK<br><br><b>PM</b><br>5:30 Cycle**-VS<br>6:30 Cycle-ER<br>5:30 Step & Sculpt-ER<br>6:30 Zumba**-JB #<br>7:15 Zumba Tone**-JB | <b>15 AM</b><br>8:30 Cycle**-CM<br>9:30 Cycle-JL<br>8:30 Step-VS<br>9:30 Abs & Buns**VS<br>10:30 Zumba-LA<br><br><b>PM</b><br>6:00 Cycle-AS<br>5:30 TBC**-JB<br>6:15 Zumba**-JB<br>7:15 Cardio Kickbox-JS | <b>16</b><br><b>5:30 Cycle-RG</b><br>8:30 TBC-LK<br>9:30 Cycle-LK<br>9:30 Step-JB<br><b>10:30 Abs &amp; Buns*JB</b><br><br><b>PM</b><br>4:30 Muscle-CL<br>5:30 Cycle-EE<br>5:30 TBC-CL<br>6:30 Zumba**-JB<br>6:30 Cycle-VS<br>7:15 Zumba Tone**-JB         | <b>17 AM</b><br>5:30 Cycle-CE<br>8:30 Cycle**-CM<br>8:30 Cardio Circuit- JK<br>9:30 Cycle-JK<br>9:30 Zumba**-JB<br>10:15 Zumba Tone**-JB<br><br><b>PM</b><br>5:30 Cycle-EE<br>6:00 TBC**-JB       | <b>18 AM</b><br><br>8:30 TBC-BI<br>9:30 On the Ball**-BI<br><br>8:30 Cycle-ER<br>9:30 Cycle-LK  |
| <b>19 AM</b><br>8:30 - Cycle-VS<br><br>9:45 - TBC-VS                                     | <b>20</b><br>5:30 Cycle-EP<br>8:45 Muscle**-BI<br>8:30 Cycle**-RG<br>9:30 Cycle-JL<br>9:30 TBC-BI<br>10:30 Zumba-LA<br><b>PM</b><br>4:30 On the Ball-JB<br>5:30 TBC-JB<br>5:30 Cycle101**-ER<br>6:30 Cardio Kickbox-JS #<br>6:30 Cycle-KM | <b>21 AM</b><br>5:30 Cycle-RG<br>8:30 TBC-LK<br>8:30 Cycle-JK<br>9:30 Cycle-LK<br>9:30 Cardio Kickbox**JK<br><br><b>PM</b><br>5:30 Cycle**-VS<br>6:30 Cycle-ER<br>5:30 Step & Sculpt-ER<br>6:30 Zumba**-JB #<br>7:15 Zumba Tone**-JB | <b>22 AM</b><br>8:30 Cycle**-CM<br>9:30 Cycle-JL<br>8:30 Step-VS<br>9:30 Abs & Buns**VS<br>10:30 Zumba-LA<br><br><b>PM</b><br>6:00 Cycle-AS<br>5:30 TBC**-JB<br>6:15 Zumba**-JB<br>7:15 Cardio Kickbox-JS | <b>23</b><br><b>5:30 Cycle-RG</b><br>8:30 TBC-LK<br>9:30 Cycle-LK<br>9:30 Step-JB<br><b>10:30 Abs &amp; Buns*JB</b><br><br><b>PM</b><br>4:30 Muscle-CL<br>5:30 Cycle-EE<br>5:30 TBC-CL<br>6:30 Zumba**-JB<br>6:30 Cycle-VS<br>7:15 Zumba Tone**-JB         | <b>24 AM</b><br>5:30 Cycle-CE<br>8:30 Cycle**-CM<br>8:30 Cardio Circuit- JK<br>9:30 Cycle-JK<br>9:30 Zumba-JB<br>10:15 Zumba Tone**-JB<br><br><b>PM</b><br>5:30 Cycle-EE<br>6:00 TBC**-JB         | <b>25 YOGATHON 8am - 12:30pm</b><br><br><b>Group fit classes in Mind Body Room :</b><br><br>8:30Abs & Bunns-BI<br>9:00 Upper body Blast<br>9:30 On the Ball**BI<br><br>8:30 Cycle-ER<br>9:30 Cycle-LK |
| <b>26 AM</b><br>8:30 - Cycle-VS<br><br>9:45 - TBC-VS                                     | <b>27</b><br>5:30 Cycle-EP<br>8:45 Muscle**-BI<br>8:30 Cycle**-RG<br>9:30 Cycle-JL<br>9:30 TBC-BI<br>10:30 Zumba-LA<br><b>4:30 On the Ball-JB</b><br>5:30 TBC-JB<br>5:30 Cycle101**-ER<br>6:30 Cardio Kickbox-JS #<br>6:30 Cycle-KM       | <b>28</b><br>5:30 Cycle-RG<br>8:30 TBC-LK<br>8:30 Cycle-JK<br>9:30 Cycle-LK<br>9:30 Cardio Kickbox**JK<br><br><b>PM</b><br>5:30 Cycle**-VS<br>6:30 Cycle-ER<br>5:30 Step & Sculpt-ER<br>6:30 Zumba**-JB #<br>7:15 Zumba Tone**-JB    | <b>29 AM</b><br>8:30 Cycle**-RG<br>9:30 Cycle-JL<br>8:30 Step-VS<br>9:30 Abs & Buns**VS<br>10:30 Zumba-LA<br><br><b>PM</b><br>6:00 Cycle-AS<br>5:30 TBC**-JB<br>6:15 Zumba**-JB<br>7:15 Cardio Kickbox-JS | <b>30</b><br><b>5:30 Cycle-RG</b><br>8:30 TBC-LK<br>9:30 Cycle-LK<br>9:30 Step-JB<br><b>10:30 Abs &amp; Buns*JB</b><br><b>Cheer 11am-1pm</b><br>4:30 Muscle-CL<br>5:30 Cycle-EE<br>5:30 TBC-CL<br>6:30 Zumba**-JB<br>6:30 Cycle-VS<br>7:15 Zumba Tone**-JB |   |   |

| Class  | Level        | Description   |
|--|--------------|---|
| <b>STEP CLASSES</b>                              |              |   |
| Step I   | Beginner     | Learn basic step moves in easy to follow combinations.  |
| Step II  | Intermediate | Intermediate step combinations for a great cardio workout.  |
| Step & Sculpt                                    | Intermediate | Intermediate step combinations with intervals of strength segments.   |
|  |              |   |
| <b>CARDIO CLASSES</b>                            |              |   |
| Cardio Kickbox                                   | Intermediate | A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills.  |
| Athletic Conditioning                            | Intermediate | Sports specific drills, ply metrics and resistance training designed to improve power, strength and endurance.  |
| Hi/Low   | All Levels   | Lo-impact and Hi-impact athletic drills put together into easy to follow combinations   |
| 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.  |
|  |              |   |
| <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.  |
| On the Ball                                      | All Levels   | Improve balance and core strength using the stability ball, bosu and medicine ball.   |
| <b>CYCLE CLASSES</b>                             |              |   |
| <i>Sign up at the front desk prior to class.</i> |              |   |
| Cycle 101  | Beginner     | Learn proper bike set up and the basic fundamentals of cycling. Sign up required.   |
| 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. |
| Cycle Imax                                       | All Levels   | Beat the heat and take your outdoor ride inside and enjoy a variety of fun scenery. Sign up required.   |
|  |              |   |
| <b>YOGA &amp; PILATES CLASSES</b>                |              |   |
| Yoga 101   | Beginner/All | Learn alignment of basic yoga postures in a slower paced class while increasing strength, flexibility and range of motion   |
| Yoga   | All Levels   | Designed for all levels allowing you to move at your own pace without judgment or competition. Some knowledge of basic poses preferred  |
| Gentle/Restorative                               | All Levels   | Learn to relax, connect with your breath and release body tension while stretching with assistance of props   |
| Power Yoga                                       | Intermediate | Take your practice to the next level through challenging sequences that include standing poses, arm balances and inversions   |
| Candlelight Yoga                                 | All Levels   | A relaxing candle-lit atmosphere to provide a calming, yet challenging practice.  |
| Yin  | All Levels   | Deep stretching practice designed to work beneath muscles by using long static holds and little muscular energy   |
| Yoga Flow  | Intermediate | Expand your practice by learning to incorporate "vinyasa" movement while building strength and flexibility  |
| Yogalates  | All Levels   | Experience the benefits of yoga and Pilates fused 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.  |
| <b>KIDS CLASSES</b>                              |              |   |
| Fit Kids   | Ages 3-5     | Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.   |