



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

# Mountainside Fitness Centers PEORIA

## FEBRUARY 2012 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> * 30 Minutes **45 Minutes # Basketball Court	<b>Instructor Key :</b> AS-Amy BI-Becky CL-Cynthia CM-Cathy CE -Cyndy CS-Christy EP-Erin	EE-Ed ER-Elisia GJ-Gail J-Janet JB-Julie JS-John JK-Justina JL-Jenny JJ-Jerry	KB-Kristina KM-Kimberly KS-Kristi LA-Lennie LK-Lorrie LH-Lisa RG-Renna' VS-Vicky VF-Valerie	<u>UNDERLINED</u> <b>CLASSES ARE FEE BASED</b>  (SEE CLASS DESCRIPTIONS ON PAGE 2)	<u>TRX CAMP</u> <u>MON/WED/FRID</u> <u>9:45AM-10:30AM</u> <u>Sign up at front desk</u>	<b>SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE</b>
			<b>1</b> 5:15 Cycle-RG 8:30 Cycle-CM 9:30 Cycle-JL 8:45 Cardio Mix**-VS 9:30 TBC-VS 10:30 Zumba-LA <u>10:45 HOT MOMMY BOOTCAMP</u>  6:00 Cycle-AS  5:30 TBC-JB 6:30 Zumba-JB <u>7:30 Bootcamp</u>	<b>2</b> 5:30 Cycle-RG 8:30 TBC-LK 8:30 Cycle-KS 9:30 Cycle-LK 9:30 Step-JB 10:30 Abs & Buns*JB  5:30 TBC-CL 6:30 ZumbaJB 7:15 Zumba -JB 6:30 Cycle-VS	<b>3</b> 5:30 Cycle-CE  8:30 Cycle-CM 9:30 Cycle-JK  8:45 Muscle-JB 9:45 Zumba -JB  5:30 Cycle-EE 6:00TBC**-KM	<b>4</b> <b>AM</b>  8:30 TBC-BI 9:30 On the Ball**-BI 10:30 Zumba-JB  8:30 Cycle-ER 9:30 Cycle-CM
<b>5</b>  <b>AM</b>  8:30 - Cycle-VS  9:45 - TBC-VS	<b>6</b> 5:30 Cycle-EP 8:45 Muscle**-BI 8:30 Cycle-RG 9:30 Cycle-JL 9:30 TBC-BI 10:30 Zumba-LA <u>10:45 HOT MOMMY BOOTCAMP</u> 4:30 On the Ball-JB 5:30 TBC-JB 6:30 Cardio Kickbox-JS 5:30 Cycle101-ER 6:30 Cycle-VS <u>7:30 Bootcamp</u>	<b>7</b> 5:30 Cycle-EP 8:30 TBC-LK 8:30 Cycle-KS 9:30 Cycle-LK 9:30 Cardio Kickbox-JK 10:30 Abs & Buns*JK  5:30 Cycle-KM 6:30 Cycle-ER 5:30 TBC**-ER 6:15 Zumba**-JB 7:00 Zumba**-JB 7:45 Abs & Buns*-JB	<b>8</b> 5:15 Cycle-RG 8:30 Cycle-CM 9:30 Cycle-JL 8:45 Cardio Mix**-VS 9:30 TBC-VS 10:30 Zumba-LA <u>10:45 HOT MOMMY BOOTCAMP</u> 6:00 Cycle-AS  5:30 TBC-JB 6:30 Zumba-JB <u>7:30 Bootcamp</u>	<b>9</b> 5:30 Cycle-RG 8:30 TBC-LK 8:30 Cycle-KS 9:30 Cycle-LK 9:30 Step-JB 10:30 Abs & Buns*JB  5:30 TBC-CL 6:30 ZumbaJB 7:15 Zumba -JB 6:30 Cycle-VS	<b>10</b>  5:30 Cycle-CE  8:30 Cycle-CM 9:30 Cycle-LH  8:45 Muscle-JB 9:45 Zumba -JB  5:30 Cycle-Sarah Teeter 6:00 TBC**-JD	<b>11</b> <b>AM</b>  8:30 TBC-BI 9:30 On the Ball**-BI 10:30 Zumba-VF  8:30 Cycle-ER 9:30 Cycle-CM
<b>12</b>  <b>AM</b>  8:30 - Cycle-VS  9:45 - TBC-VS	<b>13</b> 5:30 Cycle-EP 8:45 Muscle**-BI 8:30 Cycle-RG 9:30 Cycle-JL 9:30 TBC-BI 10:30 Zumba-LA <u>10:45 HOT MOMMY BOOTCAMP</u> 4:30 On the Ball-JB 5:30 TBC-JB 6:30 Cardio Kickbox-JS 5:30 Cycle101-ER 6:30 Cycle-VS <u>7:30 Bootcamp</u>	<b>14</b> 5:30 Cycle-EP 8:30 TBC-LK 8:30 Cycle-KS 9:30 Cycle-LK 9:30 Cardio Kickbox-JK 10:30 Abs & Buns*JK  5:30 Cycle-KM 6:30 Cycle-ER 5:30 TBC**-ER 6:15 Zumba**-JB 7:00 Zumba**-JB 7:45 Abs & Buns*-JB	<b>15</b> 5:15 Cycle-RG 8:30 Cycle-CM 9:30 Cycle-JL 8:45 Cardio Mix**-VS 9:30 TBC-VS 10:30 Zumba-LA <u>10:45 HOT MOMMY BOOTCAMP</u> 6:00 Cycle-AS 5:30 TBC-JB 6:30 Zumba-JB  <u>7:30 Bootcamp</u>	<b>16</b> 5:30 Cycle-RG 8:30 TBC-LK 8:30 Cycle-KS 9:30 Cycle-LK 9:30 Step-JB 10:30 Abs & Buns*JB  5:30 TBC-CL 6:30 Zumba-JB 7:15 Zumba -JB 6:30 Cycle-Tom	<b>17</b> <b>AM</b> 5:30 Cycle-CE  8:30 Cycle-CM 9:30 Cycle-JK  8:45 Muscle-JB 9:45 Zumba -JB  5:30 Cycle-EE 6:00 TBC**-KM	<b>18</b> <b>AM</b>  8:30 TBC-BI 9:30 On the Ball**-BI 10:30 Zumba-LA  8:30 Cycle-ER 9:30 Cycle-CM
<b>19</b>  <b>AM</b>  8:30 - Cycle-VS  9:45 - TBC-VS	<b>20</b> 5:30 Cycle-EP 8:45 Muscle**-BI 8:30 Cycle-RG 9:30 Cycle-JL 9:30 TBC-BI 10:30 Zumba-LA <u>10:45 HOT MOMMY BOOTCAMP</u> 4:30 On the Ball-JB 5:30 TBC-JB 6:30 Cardio Kickbox-JS 5:30 Cycle101-ER 6:30 Cycle-VS <u>7:30 Bootcamp</u>	<b>21</b> 5:30 Cycle-EP 8:30 TBC-LK 8:30 Cycle-KS 9:30 Cycle-LK 9:30 Cardio Kickbox-JK 10:30 Abs & Buns*JK  5:30 Cycle-KM 6:30 Cycle-ER 5:30 TBC**-ER 6:15 Zumba**-JB 7:00 Zumba**-JB 7:45 Abs & Buns*-JB	<b>22</b> 5:15 Cycle-RG 8:30 Cycle-CM 9:30 Cycle-JL 8:45 Cardio Mix**-VS 9:30 TBC-VS 10:30 Zumba-LA <u>10:45 HOT MOMMY BOOTCAMP</u> 6:00 Cycle-AS 5:30 TBC-JB 6:30 Zumba-JB  <u>7:30 Bootcamp</u>	<b>23</b> 5:30 Cycle-RG 8:30 TBC-LK 8:30 Cycle-KS 9:30 Cycle-LK 9:30 Step-JB 10:30 Abs & Buns*JB  5:30 TBC-CL 6:30 Zumba-JB 7:15 Zumba -JB 6:30 Cycle-VS	<b>24</b> 5:30 Cycle-CE  8:30 Cycle-CM 9:30 Cycle-JK  8:45 Muscle-JB 9:45 Zumba -JB  5:30 Cycle-EE 6:00 TBC**-JD	<b>25</b> <b>AM</b>  8:30 TBC-BI 9:30 On the Ball**-BI 10:30 Zumba-Kristi Bielicki  8:30 Cycle-ER 9:30 Cycle-CM
<b>26</b>  <b>AM</b>  8:30 - Cycle-VS  9:45 - TBC-VS	<b>27</b> 5:30 Cycle-EP 8:45 Muscle**-BI 8:30 Cycle-RG 9:30 Cycle-JL 9:30 TBC-BI 10:30 Zumba-LA <u>10:45 HOT MOMMY BOOTCAMP</u> 4:30 On the Ball-JB 5:30 TBC-JB 6:30 Cardio Kickbox-JS 5:30 Cycle101-ER 6:30 Cycle-VS <u>7:30 Bootcamp</u>	<b>28</b> 5:30 Cycle-EP 8:30 TBC-LK 8:30 Cycle-KS 9:30 Cycle-LK 9:30 Cardio Kickbox-JK 10:30 Abs & Buns*JK  5:30 Cycle-KM 6:30 Cycle-ER 5:30 TBC**-ER 6:15 Zumba**-JB 7:00 Zumba**-JB 7:45 Abs & Buns*-JB	<b>29</b> 5:15 Cycle-RG 8:30 Cycle-CM 9:30 Cycle-JL 8:45 Cardio Mix**-VS 9:30 TBC-VS 10:30 Zumba-LA <u>10:45 HOT MOMMY BOOTCAMP</u> 6:00 Cycle-AS 5:30 TBC-JB 6:30 Zumba-JB  <u>7:30 Bootcamp</u>			

Class	Level	Description
<b>PAID PROGRAMS</b>		
<b>Bootcamp/ PM</b>	ALL	Cross training workout incorporating cardiovascular and strength training. Expect to be pushed out of your comfort zone!! <b>SIGN UP AT THE FRONT DESK</b>
<b>Hot Mommy/ AM</b>		
<b>TRX CAMP</b>	ALL	<b>Train with TRX suspension bands, mixed with Crossfit / Sports training interval drills</b>  <b>Mondays &amp; Wednesdays 9:45AM– 10:30AM with Kristy Simpson—Sign up at the Front desk-8 MAX</b>  <b>Tuesdays &amp; Tuesdays 6:00PM-6:45PM with Maile Prost—Sign up at the Front desk –8 MAX</b>
<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>		
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. <b>Sign up required.</b>
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. <b>Sign up required.</b>
Cycle Imax	All Levels	Beat the heat and take your outdoor ride inside and enjoy a variety of fun scenery. <b>Sign up required.</b>
<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.