



**Club Hours**  
 M-Th 4:30A - 11:00P  
 Friday 4:30A - 9:00P  
 Sat & Sun 6:00A - 9:00P  
 (480)502-2096

**MOUNTAINSIDE FITNESS**  
**PLATINUM MIND/BODY**  
**February 2012**

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



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Instructor Key</b> AS- Angie AW- Alison AM-Autum BW-Billie CW- Corinne DB2- Denise DD-Dana JL- Julie JM- Jonell JM2- Jennifer JS- Jean S	<b>Instructor Key</b> LW- Lisa LJ- Lynn LS- Lynn MC- Maria MR - Michele RB-Radhika RV- Renee TS- Teresa		1 <b>AM</b> 9:00 Pilates Mix- BW  <b>PM</b> 5:30 Yoga- CW 6:30 Athletic Stretch & Core - MR	2 <b>AM</b> 9:00 Pilates Fusion- LJ 10:15 Yoga 101- LW  <b>PM</b> 5:30 Pilates- TS	3 <b>AM</b> 8:00 Simply Stretch- RB 9:00 Yoga - JL	4 <b>AM</b> 8:30 Athletic Stretch & Core - MR 10:30 Yoga- CW
5 <b>AM</b> 9:15 Pilates- RV 10:15 Yoga- JL	6 <b>AM</b> 9:00 Pilates Mix- BW 10:15 Yoga 101- JS  <b>PM</b> 4:30 Yoga II-RB 5:30 Yoga- JS	7 <b>AM</b> 9:00 Power Pilates- LJ 10:15 Yoga - LW  <b>PM</b> 5:30 Power Flow-AM	8 <b>AM</b> 9:00 Pilates Mix- BW 10:15 Yoga II-DD  <b>PM</b> 5:30 Yoga- CW 6:30 Athletic Stretch & Core - MR	9 <b>AM</b> 9:00 Pilates Fusion- LJ 10:15 Yoga 101- LW  <b>PM</b> 5:30 Pilates- TS	10 <b>AM</b> 8:00 Simply Stretch- RB 9:00 Yoga- RB	11 <b>AM</b> 8:30 Athletic Stretch & Core - MR 10:30 Yoga- CW
12 <b>AM</b> 9:15 Pilates- RV 10:15 Yoga- JL	13 <b>AM</b> 9:00 Pilates Mix- BW 10:15 Yoga 101- JS  <b>PM</b> 4:30 Yoga II-RB 5:30 Yoga- JS	14 <b>AM</b> 8:00 B. Barre -LS 9:00 Power Pilates- LJ 10:15 Yoga - LW  <b>PM</b> 4:30 B. Barre-CP 5:30 Power Flow-AM	15 <b>AM</b> 9:00 Pilates Mix- BW 10:15 Yoga II-DD  <b>PM</b> 5:30 Yoga- CW 6:30 Athletic Stretch & Core - MR	16 <b>AM</b> 8:00 B. Barre -LS 9:00 Pilates Fusion- LJ 10:15 Yoga 101- LW  <b>PM</b> 4:30 B. Barre-TS 5:30 Pilates- TS	17 <b>AM</b> 8:00 Simply Stretch- RB 9:00 Yoga- RB 10:00 B. Barre-CB	18 <b>AM</b> 8:30 Athletic Stretch & Core - MR 10:30 Yoga- CW
19 <b>AM</b> 9:15 Pilates- RV 10:15 Yoga- JL	20 <b>AM</b> 9:00 Pilates Mix- BW 10:15 Yoga 101- JS  <b>PM</b> 4:30 Yoga II-RB 5:30 Yoga- JS	21 <b>AM</b> 8:00 B. Barre -LS 9:00 Power Pilates- LJ 10:15 Yoga - LW  <b>PM</b> 4:30 B. Barre-CP 5:30 Power Flow-AM	22 <b>AM</b> 9:00 Pilates Mix- BW 10:15 Yoga II-DD  <b>PM</b> 5:30 Yoga- CW 6:30 Athletic Stretch & Core - MR	23 <b>AM</b> 8:00 B. Barre -LS 9:00 Pilates Fusion- LJ 10:15 Yoga 101- LW  <b>PM</b> 4:30 B. Barre-TS 5:30 Pilates- TS	24 <b>AM</b> 8:00 Simply Stretch- RB 9:00 Yoga- RB 10:00 B. Barre-CB	25 <b>AM</b> 8:30 Athletic Stretch & Core - MR 10:30 Yoga- CW
26 <b>AM</b> 9:15 Pilates- RV 10:15 Yoga- JL	27 <b>AM</b> 9:00 Pilates Mix- BW 10:15 Yoga 101- JS  <b>PM</b> 4:30 Yoga II-RB 5:30 Yoga- JS	28 <b>AM</b> 8:00 B. Barre -LS 9:00 Power Pilates- LJ 10:15 Yoga - LW  <b>PM</b> 4:30 B. Barre-CP 5:30 Power Flow-AM	29 <b>AM</b> 9:00 Pilates Mix- BW 10:15 Yoga II-DD  <b>PM</b> 5:30 Yoga- CW 6:30 Athletic Stretch & Core - MR			

Schedule subject to change without notice.