



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 SEPTEMBER- MIND/BODY

Childcare Hours  
 M-F 8:00-4:00PM  
 Sat 8:00A-4:00P  
 Sun 8:00A-3:00P

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 AM 9:00-Pilates-DB 10:15-Power Yoga-JS PM 5:30-Yoga-CW	2 AM 9:00-Pilates-DB 10:15-Yoga 101- PM 5:30-Pilates-TS 6:30 Yoga-LJ	3 AM 8:00-Pilates-DB	4 AM 9:15-Pilates-AS 10:30-Yoga-CW
5 AM 9:45Pilates-RV	6 AM 9:00-Pilates—DB 10:15-Power Yoga-JS  Labor Day Hours 6AM-2PM	7 AM 9:00-Power Pilates-DB 10:15-Yoga Flow-SP  PM 6:30 Yoga-LJ	8 AM 9:00-Pilates-DB 10:15-Power Yoga-JS  PM 5:30-Yoga-CW	9 AM 9:00-Power Pilates-DB 10:15-Yoga 101-SP  PM 5:30-Pilates-TS 6:30 Yoga-LJ	10 AM 8:00-Pilates-DB	11 AM 9:15-Pilates-AS 10:30-Yoga-CW
12 AM 9:15Pilates-RV *New Class!!!! 10:15 Yoga-JL	13 AM 9:00-Power Pilates—DB 10:15-Power Yoga-JS  PM 5:30-Yoga-JS2	14 AM 9:00-Pilates-DB 10:15-Yoga Flow-LW  PM 6:30 Yoga-LJ	15 AM 9:00-Power Pilates-DB 10:15-Power Yoga-JS  PM 5:30-Yoga-CW	16 AM 9:00-Pilates-DB 10:15-Yoga 101-LW  PM 5:30-Pilates-TS 6:30— Yoga LJ	17 AM 8:00-Pilates-DB	18 AM 9:15-Pilates-AS 10:30-Yoga-CW
19 AM 9:15Pilates-RV 10:15-Yoga-JL	20 AM 9:00-Pilates—DB 10:15-Power Yoga-JS  PM 5:30-Yoga-JS2	21 AM 9:00— Power Pilates-DB 10:15-Yoga Flow-LW  PM 6:30 Yoga-LJ	22 AM 9:00-Pilates-DB 10:15-Power Yoga-JS  PM 5:30 Yoga-CW	23 AM 9:00-Power Pilates-DB 10:15-Yoga 101-LW  PM 5:30-Pilates-TS 6:30— Yoga LJ	24 AM 8:00-Pilates-DB	25 AM 9:15-Pilates-AS 10:30-Yoga-CW
26 AM 9:15Pilates-RV 10:15— Yoga-JL	27 AM 9:00-Pilates—DB 10:15-Power Yoga-JS  PM 5:30-Yoga-JS2	28 AM 9:00-Power Pilates-DB 10:15-Yoga Flow-LW  PM 6:30 Yoga-LJ	29 AM 9:00-Pilates-DB 10:15-Power Yoga-JS  PM 5:30 Yoga-CW	30 AM 9:00—Power Pilates-DB 10:15-Yoga 101-LW  PM 5:30-Pilates-TS 6:30— Yoga LJ	<u>Instructor Key</u> AS-Angie CP—Candace CW-Corinne DB-Dee JS- Jean S LW-Lisa LJ-Lynn LS-Lynn MC-Maria C. RV-Renee TS-Teresa	

**CLASS DESCRIPTIONS**

**YOGA 101**-Great for beginners to intermediate practitioners. A slower moving class that enables the more advanced students to challenge themselves while offering beginners plenty of explanation.

**YOGA**-Designed for the beginner as well as the advanced enthusiast. All levels are demonstrated, allowing you to move at your own pace without judgment or competition.

**YOGA FLOW**-Based on flow principals, the movements are designed to challenge strength, balance and flexibility. Experience with basic poses a prerequisite.

**POWER YOGA**-For the intermediate-advanced participant. A challenging class for the yoga enthusiast.

**GENTLE YOGA**-Great for all levels. A combination of Yin, Deep Stretch and Restorative Yoga designed to cultivate flexibility and release, and to bring a deeply relaxed meditative state of mind.

**MAT PILATES**-For those who are looking to strengthen the core (back and abs) and develop long, lean musculature.

Schedule subject to change without notice.