



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A - 9:00P
 (480) 821-9501

Mountainside Fitness Centers Gilbert Commons February 2012 Group Fitness 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 AC-Amanda AL-Amy AY-Andi BD-Beth BC-Brigitt EV-Edna GI-Gail JA-Jesus JAC-Julie Anne JM-Jody JMC-Jane JMP-Julie KS-Kary KV-Kathy	Instructor Key LA-Lisa A. LB-Linda MR-Melissa NB-Natalie NG-Nicole NKB-Nikki SH-Sarah SM-Sheila SR-Stacy TJ-Tara TDT-Tracy TT-Terri TW-Tracy	Cycle reservations are required. Sign up for cycle at the front desk 30 minutes prior to class start. Fee required for underlined and italicized classes Symbol Key * 30 Minutes **45 Minutes # Basketball Court Schedule subject to change without notice.	1 AM 5:15 Cycle** -MR 6:00 Abs to the core*-MR 8:45 Cycle- BC 8:45 Cardio Kickbox-AY 9:00 Fit Kids 3-6*# 9:45 Muscle-AY PM 4:30 Muscle-LA 5:30 willPower & Grace-GI 6:00 Cycle Imax-BD 6:30 Upper Body Blast*-GI 7:00 Abs & Buns*-BD 7:30 Zumba Toning-EV	2 AM 5:15 PILOXING-AL 8:30 Muscle-AL 9:00 Fit Kids 3-6*# 9:30 willPower & Grace-AL 9:30 Cycle- MR <u>9:30 Knockout-KV</u> <u>9:30 Mommy Boot Camp-LA</u> 10:30 Zumba-NG PM 4:30 Cycle- JAC 5:30 TBC-JC 6:30 Zumba-NG 6:30 Cycle- NKB	3 AM 5:15 Cycle** -MR 6:00 Upper Body Blast*-MR 8:45 Cycle** -JAC 8:45 TBC-AY 9:45 Zumba-SH PM 5:00 Muscle-JC 5:00 Cycle- TT	4 AM 8:30 TBC-AY 8:30 Cycle Imax-BD 9:30 Cycle- TT 9:30 Zumba Toning-EV 10:30 Muscle-JM
5 AM 6:30 Cycle- BD 9:30 Cycle- JMP 9:30 Muscle-BD 10:30 Cardio Hip Hop-AC	6 AM 5:15 Cycle** -KS 7:45 Step II-JMC 8:45 Cycle- AL 8:45 PILOXING-AY 9:45 Muscle-MR <u>9:45 Boot Camp Mash Up-KV</u> 11:00 Zumba-AC PM 4:30 PILOXING-KV 5:30 Muscle-BD <u>5:30 TRX Boot Camp-KV</u> 6:00 Cycle- JAC 6:45 Zumba-AC	7 AM 5:15 TBC-KS 8:30 On the Ball-AY 9:00 Fit Kids 3-6*# 9:30 TBC-SR 9:30 Cycle- AY <u>9:30 Mommy Boot Camp-MR</u> 10:30 Zumba-NG PM 4:30 Cycle Imax-JAC 5:30 TBC-JC <u>5:30 Knockout-AY</u> 6:30 Zumba-JA 6:30 Cycle- TT	8 AM 5:15 Cycle** -MR 6:00 Abs to the core*-MR 8:45 Cycle- BC 8:45 Cardio Kickbox-AY 9:00 Fit Kids 3-6*# 9:45 Muscle-AY <u>9:45 Boot Camp Mash Up-MR</u> PM 4:30 Muscle-LA 5:30 willPower & Grace-GI <u>5:30 TRX Boot Camp-LA</u> 6:00 Cycle Imax-BD 6:30 Upper Body Blast*-GI 7:00 Abs & Buns*-BD 7:30 Zumba Toning-EV	9 AM 5:15 PILOXING-KS 8:30 Muscle-AL 9:00 Fit Kids 3-6*# 9:30 willPower & Grace-AL 9:30 Cycle- MR <u>9:30 Knockout-KV</u> <u>9:30 Mommy Boot Camp-AY</u> 10:30 Zumba-NG PM 4:30 Cycle- JAC 5:30 TBC-JC 6:30 Zumba-NG 6:30 Cycle- NKB	10 AM 5:15 Cycle** -MR 6:00 Upper Body Blast*-MR 8:45 Cycle** -JAC 8:45 TBC-AY 9:45 Zumba-NG <u>9:45 Boot Camp Mash Up-AY</u> PM 5:00 Muscle-JC 5:00 Cycle- TT	11 AM 8:30 TBC-BD 8:30 Cycle Imax-SM 9:30 Cycle- TT 9:30 Zumba Toning-EV 10:30 Muscle-JM
12 AM 6:30 Cycle- BD 9:30 Cycle- TT 9:30 Muscle-BD 10:30 Cardio Hip Hop-AC	13 AM 5:15 Cycle** -KS 7:45 Step II-JMC 8:45 Cycle- AL 8:45 PILOXING-AY 9:45 Muscle-MR <u>9:45 Boot Camp Mash Up-KV</u> 11:00 Zumba-AC PM 4:30 PILOXING-KV 5:30 Muscle-BD <u>5:30 TRX Boot Camp-KV</u> 6:00 Cycle- JAC 6:45 Zumba-AC	14 AM 5:15 TBC-KS 8:30 On the Ball-AY 9:00 Fit Kids 3-6*# 9:30 TBC-SR 9:30 Cycle- AY <u>9:30 Mommy Boot Camp-MR</u> 10:30 Zumba-NB PM 4:30 Cycle Imax-JAC 5:30 TBC-JC <u>5:30 Knockout-AY</u> 6:30 Zumba-JA 6:30 Cycle- TT	15 AM 5:15 Cycle** -MR 6:00 Abs to the core*-MR 8:45 Cycle- SM 8:45 Cardio Kickbox-AY 9:00 Fit Kids 3-6*# <u>9:45 Boot Camp Mash Up-MR</u> 9:45 Muscle-AY PM 4:30 Muscle-LA 5:30 willPower & Grace-GI <u>5:30 TRX Boot Camp-LA</u> 6:00 Cycle Imax-BD 6:30 Upper Body Blast*-GI 7:00 Abs & Buns*-BD 7:30 Zumba Toning-EV	16 AM 5:15 PILOXING-KS 8:30 Muscle-AL 9:00 Fit Kids 3-6*# 9:30 willPower & Grace-AL 9:30 Cycle- MR <u>9:30 Knockout-KV</u> <u>9:30 Mommy Boot Camp-AY</u> 10:30 Zumba-NG PM 4:30 Cycle- JAC 5:30 TBC-JC 6:30 Zumba-NG 6:30 Cycle- NKB	17 AM 5:15 Cycle** -MR 6:00 Upper Body Blast*-MR 8:45 Cycle** -JAC 8:45 TBC-AY 9:45 Zumba-SH <u>9:45 Boot Camp Mash Up-AY</u> PM 5:00 Muscle-JC 5:00 Cycle- TT	18 AM 8:30 TBC-AY 8:30 Cycle Imax-SM 9:30 Cycle- TT 9:30 Zumba Toning-EV 10:30 Muscle-JM
19 AM 9:30 Muscle-JC 10:30 Cardio Hip Hop-AC Cycle for Survival 8:00 Amy & Trish 9:00 Lisa & Tara 10:00 Andi & Kathy 11:00 Andy & Chuck For more information and to sign up www.cyclearizona.org	20 AM 5:15 Cycle** -KS 7:45 Step II-JM 8:45 Cycle- AL 8:45 PILOXING-AY 9:45 Muscle-MR <u>9:45 Boot Camp Mash Up-KV</u> 11:00 Zumba-AC PM 4:30 PILOXING-KV 5:30 Muscle-BD <u>5:30 TRX Boot Camp-KV</u> 6:00 Cycle- JAC 6:45 Zumba-AC	21 AM 5:15 TBC-KS 8:30 On the Ball-AY 9:00 Fit Kids 3-6*# 9:30 TBC-MR 9:30 Cycle- AY 10:30 Zumba-NG PM 4:30 Cycle Imax-JAC 5:30 TBC-JC <u>5:30 Knockout-AY</u> 6:30 Zumba-JA 6:30 Cycle- TT	22 AM 5:15 Cycle** -MR 6:00 Abs to the core*-MR 8:45 Cycle- SM 8:45 Cardio Kickbox-AY 9:00 Fit Kids 3-6*# <u>9:45 Boot Camp Mash Up-MR</u> 9:45 Muscle-AY PM 4:30 Muscle-LA 5:30 willPower & Grace-GI <u>5:30 TRX Boot Camp-LA</u> 6:00 Cycle Imax-BD 6:30 Upper Body Blast*-GI 7:00 Abs & Buns*-BD 7:30 Zumba Toning-EV	23 AM 5:15 PILOXING-KS 8:30 Muscle-AL 9:00 Fit Kids 3-6*# 9:30 willPower & Grace-AL 9:30 Cycle- MR <u>9:30 Knockout-KV</u> <u>9:30 Mommy Boot Camp-AY</u> 10:30 Zumba-NG PM 4:30 Cycle- JAC 5:30 TBC-JC 6:30 Zumba-NG 6:30 Cycle- NKB	24 AM 5:15 Cycle** -JMP 6:00 Upper Body Blast*-JMP 8:45 Cycle** -JAC 8:45 TBC-AY 9:45 Zumba-SH <u>9:45 Boot Camp Mash Up-AY</u> PM 5:00 Muscle-JC 5:00 Cycle- TT	25 AM 8:30 TBC-BD 8:30 Cycle Imax-SM 9:30 Cycle- TT 9:30 Zumba Toning-EV 10:30 Muscle-JM
26 AM 6:30 Cycle- BD 9:30 Cycle- JMP 9:30 Muscle-BD 10:30 Cardio Hip Hop-AC	27 AM 5:15 Cycle** -KS 8:45 Cycle- AL 8:45 PILOXING-AY 9:45 Muscle-MR <u>9:45 Boot Camp Mash Up-KV</u> 11:00 Zumba-AC PM 4:30 PILOXING-KV 5:30 Muscle-BD <u>5:30 TRX Boot Camp-KV</u> 6:00 Cycle- JAC 6:45 Zumba-AC	28 AM 5:15 TBC-KS 8:30 On the Ball-SR 9:00 Fit Kids 3-6*# 9:30 TBC-MR 9:30 Cycle- SR 10:30 Zumba-NG PM 4:30 Cycle Imax-JAC 5:30 TBC-JC <u>5:30 Knockout-AY</u> 6:30 Zumba-JA 6:30 Cycle- TT	29 AM 5:15 Cycle** -MR 6:00 Abs to the core*-MR 8:45 Cycle- SM 8:45 Cardio Kickbox-AY 9:00 Fit Kids 3-6*# 9:45 Muscle-AY <u>9:45 Boot Camp Mash Up-MR</u> PM 4:30 Muscle-LA 5:30 willPower & Grace-GI <u>5:30 TRX Boot Camp-LA</u> 6:00 Cycle Imax-BD 6:30 Upper Body Blast*-GI 7:00 Abs & Buns*-BD 7:30 Zumba Toning-EV			

Class	Level	Description
CARDIO CLASSES		
Step II	Intermediate	Intermediate step combinations for a great cardio workout.
Cardio Kickbox	Intermediate	A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills.
Kick & Sculpt	Intermediate	High energy kickboxing drills with intervals of strength segments.
PILOXING®	Intermediate	into shape. Fun and easy to follow dance moves are added to the sleek, sexy and powerful workout experience. To enhance the Pilates and boxing movements the use of ½ pound weighted gloves are incorporated. Gloves can be purchased at the front desk. PILOXING® incorporates barefoot training as the preferred option over wearing conventional footwear. Even though barefoot training is not required it's highly encouraged.
TBC	Intermediate	Total body conditioning is a minimal choreography, maximal results class. Improve cardiovascular and muscular endurance in this fun yet challenging class
SPECIALTY CLASSES		
willPower & Grace	All Levels	willPower & Grace is a sweaty, dynamic fusion of the most popular group exercise workouts. All you need is your body weight and your bare feet. The cardio segment is a fusion of calisthenics, dance principles and functional training drills.
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.
Zumba Toning	All Levels	protocol and the addition of light weight toning sticks or dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive light weight training to improve overall performance.
STRENGTH TRAINING CLASSES		
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.
CYCLE CLASSES		
SIGN UP REQUIRED AT THE FRONT DESK.		
Cycle Imax	All Levels	Beat the heat and take your outdoor ride inside and enjoy a variety of fun scenery. 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.
KIDS CLASSES		
Fit Kids	Ages 3-6	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.