



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 September 2010 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 BS-Brooks EV-Edna GI-Gail JAC-Julie Anne JB-Jennifer JC-Jenn JF-Jeanette JM-Jody JMC-Jane KP-Kanani KS-Kary KV-Kathy	Instructor Key LA-Lisa A. LK-Lisa K. LM-Lindy ME-Marcia MR-Melissa NB-Natalie RG-Rosalee SG-Sarah SM-Sheila SR-Stacy TJ-Tara TK-Tara TDT-Tracy TT-Terri TW-Tracy		1 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 PM 4:30 Muscle-JC 5:30 Kick & Sculpt-JF 6:00 Cycle Imax-BD 6:30 Cardio Bosu*-JF 7:00 Abs & Buns*-JF 7:30 Zumba Toning-EV	2 AM 5:15 TBC-NB 8:30 Muscle-AL 9:00 Fit Kids 3-6*# 9:30 Kick & Sculpt-AL 9:30 Cycle-MR <u>9:30 Mommy Boot Camp-AY</u> 10:30 Cardio Hip Hop-LK PM 4:30 Cycle-JAC 5:30 TBC-BD <u>6:30 Boot Camp-BD</u> 6:30 Zumba-LK 6:30 Cycle-RG 7:30 Muscle-JM	3 AM 5:15 Cycle**BS 6:00 Upper Body Blast**BS 8:45 Cycle**JAC 8:45 TBC-AY 9:45 Zumba-LK PM 5:00 Muscle-JM 5:00 Cycle-TT	4 AM 8:30 TBC-AY 8:30 Cycle Imax-TW 9:30 Cycle-BS 9:30 Zumba Toning-EV 10:30 Muscle-BS
5 AM 8:30 Cycle-BD 9:30 Muscle-BD 10:30 Cardio Hip Hop-LK <u>11:30 Cardio Ballroom-TK</u>	6 AM 8:45 Cycle-AY 8:45 Step II-JM 9:45 Muscle-AY 11:00 Zumba-LK LABOR DAY HOURS 6AM-2PM	7 AM 5:15 TBC-ME 8:30 On the Ball-SG 9:00 Fit Kids 3-6*# 9:30 TBC-NB 9:30 Cycle-SG <u>9:30 Mommy Boot Camp-MR</u> 10:30 Zumba-LK PM 12:15 Cycle**-LM <u>4:00 Zumba Kids*-LK</u> 4:30 Cycle Imax-JAC 5:30 TBC-AY <u>6:30 Boot Camp-AY</u> 6:30 Zumba-AC 6:30 Cycle-RG 7:30 Muscle-LA	8 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 PM 4:30 Muscle-LA 5:30 Kick & Sculpt-JF 6:00 Cycle Imax-BD 6:30 Cardio Bosu*-JF 7:00 Abs & Buns*-JF 7:30 Zumba Toning-EV	9 AM 5:15 TBC-SG 8:30 Muscle-AL 9:00 Fit Kids 3-6*# 9:30 Kick & Sculpt-AL 9:30 Cycle-MR <u>9:30 Mommy Boot Camp-AY</u> 10:30 Cardio Hip Hop-LK PM <u>4:00 Zumba Kids*-LK</u> 4:30 Cycle-JAC 5:30 TBC-BD <u>6:30 Boot Camp-BD</u> 6:30 Zumba-LK 6:30 Cycle-RG 7:30 Muscle-JM	10 AM 5:15 Cycle**BS 6:00 Upper Body Blast**BS 8:45 Cycle**JAC 8:45 TBC-AY 9:45 Zumba-LK PM 5:00 Muscle-JC 5:00 Cycle-TT	11 AM 8:30 TBC-AY 8:30 Cycle Imax-TW 9:30 Cycle-SM 9:30 Zumba Toning-KP 10:30 Muscle-BS
12 AM 8:30 Cycle-BD 9:30 Muscle-BD 10:30 Cardio Hip Hop-LK	13 AM 5:15 Cycle**BS 6:00 Abs & Buns*-BS 8:45 Cycle-AL 8:45 Step II-JMC 9:45 Muscle-MR 11:00 Zumba-LK PM 4:30 TBC-KV 5:30 Muscle-BD 6:00 Cycle-JAC 6:45 Zumba-LK# 7:45 Simply Stretch*-LK	14 AM 5:15 TBC-ME 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-LK PM 12:15 Cycle**-LM <u>4:00 Zumba Kids*-LK</u> 4:30 Cycle Imax-JAC 5:30 TBC-AY <u>6:30 Boot Camp-AY</u> 6:30 Zumba-AC 6:30 Cycle-RG 7:30 Muscle-LA	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*# 9:45 Muscle-AY PM 4:30 Muscle-LA 5:30 Kick & Sculpt-JF 6:00 Cycle Imax-BD 6:30 Cardio Bosu*-JF 7:00 Abs & Buns*-JF 7:30 Zumba Toning-EV	16 AM 5:15 TBC-NB 8:30 Muscle-AL 9:00 Fit Kids 3-6*# 9:30 Kick & Sculpt-AL 9:30 Cycle-MR <u>9:30 Mommy Boot Camp-AY</u> 10:30 Cardio Hip Hop-LK PM <u>4:00 Zumba Kids*-LK</u> 4:30 Cycle-JAC 5:30 TBC-BD <u>6:30 Boot Camp-BD</u> 6:30 Zumba-LK 6:30 Cycle-RG 7:30 Muscle-JM	17 AM 5:15 Cycle**BS 6:00 Upper Body Blast**BS 8:45 Cycle**JAC 8:45 TBC-AY 9:45 Zumba-LK PM 5:00 Muscle-JC 5:00 Cycle-TT	18 AM 8:30 TBC-AY 8:30 Cycle Imax-MR 9:30 Cycle-SM 9:30 Zumba Toning-EV 10:30 Muscle-BS
19 AM 8:30 Cycle-BD 9:30 Muscle-BD 10:30 Cardio Hip Hop-LK	20 AM 5:15 Cycle**BS 6:00 Abs & Buns*-BS 8:45 Cycle-AL 8:45 TBC-SG 9:45 Muscle-MR 11:00 Zumba-LK PM 4:30 TBC-JC 5:30 Muscle-BD 6:00 Cycle-JAC 6:45 Zumba-LK# 7:45 Simply Stretch*-LK	21 AM 5:15 TBC-ME 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-LK PM 12:15 Cycle**-LM <u>4:00 Zumba Kids*-LK</u> 4:30 Cycle Imax-JAC 5:30 TBC-AY <u>6:30 Boot Camp-AY</u> 6:30 Zumba-AC 6:30 Cycle-RG 7:30 Muscle-LA	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*# 9:45 Muscle-AY PM 4:30 Muscle-JC 5:30 Kick & Sculpt-JF 6:00 Cycle Imax-BD 6:30 Cardio Bosu*-JF 7:00 Abs & Buns*-JF 7:30 Zumba-TDT	23 AM 5:15 TBC-NB 8:30 Muscle-AL 9:00 Fit Kids 3-6*# 9:30 Kick & Sculpt-AL 9:30 Cycle-MR <u>9:30 Mommy Boot Camp-AY</u> 10:30 Cardio Hip Hop-LK PM 4:30 Cycle-JAC <u>4:00 Zumba Kids*-LK</u> 5:30 TBC-BD <u>6:30 Boot Camp-BD</u> 6:30 Zumba-LK 6:30 Cycle-RG 7:30 Muscle-JM	24 AM 5:15 Cycle**BS 6:00 Upper Body Blast**BS 8:45 Cycle**JAC 8:45 TBC-AY 9:45 Zumba-LK PM 5:00 Muscle-JC 5:00 Cycle-TT	25 AM 8:30 TBC-AY 8:30 Cycle Imax-MR 9:30 Cycle-BS 9:30 Zumba Toning-AC 10:30 Muscle-BS
26 AM 8:30 Cycle-BD 9:30 Muscle-BD 10:30 Cardio Hip Hop-LK	27 AM 5:15 Cycle**BS 6:00 Abs & Buns*-BS 8:45 Cycle-AL 8:45 Step II-JMC 9:45 Muscle-MR 11:00 Zumba-LK PM 4:30 TBC-KV 5:30 Muscle-BD 6:00 Cycle-JAC 6:45 Zumba-LK# 7:45 Simply Stretch*-LK	28 AM 5:15 TBC-ME <u>5:30 Boot Camp-MR</u> 8:30 On the Ball-AY 9:00 Fit Kids 3-6*# 9:30 TBC-MR 9:30 Cycle-AY 10:30 Zumba-LK PM 12:15 Cycle**-LM <u>4:00 Zumba Kids*-LK</u> 4:30 Cycle Imax-JAC 5:30 TBC-AY <u>6:30 Boot Camp-AY</u> 6:30 Zumba-AC 6:30 Cycle-RG 7:30 Muscle-LA	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 PM 4:30 Muscle-JC 5:30 Kick & Sculpt-JF 6:00 Cycle Imax-BD 6:30 Cardio Bosu*-JF 7:00 Abs & Buns*-JF 7:30 Zumba Toning-EV	30 AM 5:15 TBC-NB <u>5:30 Boot Camp-AY</u> 8:30 Muscle-AL 9:00 Fit Kids 3-6*# 9:30 Kick & Sculpt-AL 9:30 Cycle-MR 10:30 Cardio Hip Hop-LK PM <u>4:00 Zumba Kids*-LK</u> 4:30 Cycle-JAC 5:30 TBC-BD 6:30 Zumba-LK 6:30 Cycle-RG 7:30 Muscle-KP	Symbol Key * 30 Minutes **45 Minutes # Basketball Court	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 Schedule subject to change without notice.

Class	Level	Description
CARDIO CLASSES		
Step II	Intermediate	Intermediate step combinations for a great cardio workout.
Cardio Bosu	Intermediate	Easy to follow step combinations and athletic drills utilizing the bosu ball 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.
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		
Simply Stretch	All Levels	Increase your flexibility in this class through basic stretches for the entire body.
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	ZUMBA Toning takes the original zumba dance-fitness class to the next level utilizing an innovative muscle training 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		
Kids Yoga	Ages 3-6	Kids yoga is designed to promote physical, mental and social development. Kids will have fun while developing motor skills, balance, strength and flexibility.
Fit Kids	Ages 3-6	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.