



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 Mind Body 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
			1 AM 6:00 Yoga-MS 8:45 Gentle Yoga-CC 9:45 Yogalates-BC PM 5:30 Yoga 101-RW 6:30 Power Yoga+-RW	2 AM 8:30 Power Yoga-CN 9:30 Mat Pilates-JY 10:30 Yoga 101-JY PM 4:30 Power Yoga-JY 5:30 Mat Pilates-RW <u>6:30 Reformer Bar-Gl</u>	3 AM 8:45 Power Yoga-GI 9:45 PiYo-GI	4 AM 8:30 PiYo-TT 9:30 Power Yoga-CN
5 AM 9:30 Gentle Yoga-CN	6 AM 6:00 Yoga-KS 8:45 Gentle Yoga-JY 9:45 Fitness Yoga-AL PM <u>4:30 Martial Arts All Ages</u> 5:30 Yoga 101-GI 6:30 Heated Power Yoga+-JY	7 AM 8:30 Power Yoga-KS 9:30 Mat Pilates-JY 10:30 Yoga 101-JY PM 4:30 Power Yoga-JY 5:30 Mat Pilates-TT <u>6:30 Reformer Bar-Gl</u>	8 AM 6:00 Yoga-MS 8:45 Gentle Yoga-CC 9:45 Yogalates-BC PM 5:30 Yoga 101-RW 6:30 Power Yoga+-RW	9 AM 8:30 Power Yoga-KS 9:30 Mat Pilates-JY 10:30 Yoga 101-JY PM 4:30 Power Yoga-JY 5:30 Mat Pilates-RW <u>6:30 Reformer Bar-Gl</u>	10 AM 8:45 Power Yoga-GI 9:45 PiYo-GI	11 AM 8:30 PiYo-TT 9:30 Power Yoga-SM
12 AM 9:30 Gentle Yoga-CN	13 AM 6:00 Yoga-MS 8:45 Gentle Yoga-JY 9:45 Fitness Yoga-AL PM <u>4:30 Martial Arts All Ages</u> 5:30 Yoga 101-GI 6:30 Heated Power Yoga+-JY	14 AM 8:30 Power Yoga-KS 9:30 Mat Pilates-JY 10:30 Yoga 101-JY PM 4:30 Power Yoga-JY 5:30 Mat Pilates-TT <u>6:30 Reformer Bar-Gl</u>	15 AM 6:00 Yoga-MS 8:45 Gentle Yoga-CC 9:45 Yogalates-SM PM 5:30 Yoga 101-RW 6:30 Power Yoga+-RW	16 AM 8:30 Power Yoga-KS 9:30 Mat Pilates-JY 10:30 Yoga 101-JY PM 4:30 Power Yoga-JY 5:30 Mat Pilates-RW <u>6:30 Reformer Bar-Gl</u>	17 AM 8:45 Power Yoga-GI 9:45 PiYo-GI	18 AM 8:30 PiYo-TT 9:30 Power Yoga-SM
19 AM 9:30 Gentle Yoga-CN	20 AM 6:00 Yoga-MS 8:45 Gentle Yoga-JY 9:45 Fitness Yoga-AL PM <u>4:30 Martial Arts All Ages</u> 5:30 Yoga 101-GI 6:30 Heated Power Yoga+-JY	21 AM 8:30 Power Yoga-KS 9:30 Mat Pilates-RW 10:30 Yoga 101-RW PM 4:30 Power Yoga-JY 5:30 Mat Pilates-TT <u>6:30 Reformer Bar-Gl</u>	22 AM 6:00 Yoga-MS 8:45 Gentle Yoga-CC 9:45 Yogalates-SM PM 5:30 Yoga 101-RW 6:30 Power Yoga+-RW	23 AM 8:30 Power Yoga-KS 9:30 Mat Pilates-JY 10:30 Yoga 101-JY PM 4:30 Power Yoga-RW 5:30 Mat Pilates-RW <u>6:30 Reformer Bar-Gl</u>	24 AM 8:45 Power Yoga-GI 9:45 PiYo-GI	25 AM 8:30 PiYo-TT 9:30 Power Yoga-SM
26 AM 9:30 Gentle Yoga-CN	27 AM 6:00 Yoga-MS 8:45 Gentle Yoga-JY 9:45 Fitness Yoga-AL PM <u>4:30 Martial Arts All Ages</u> 5:30 Yoga 101-GI 6:30 Heated Power Yoga+-JY	28 AM 8:30 Power Yoga-KS 9:30 Mat Pilates-JY 10:30 Yoga 101-JY PM 4:30 Power Yoga-JY 5:30 Mat Pilates-TT	29 AM 6:00 Yoga-MS 8:45 Gentle Yoga-CC 9:45 Yogalates-SM PM 5:30 Yoga 101-RW 6:30 Power Yoga+-RW	Instructor Key AL-Amy AC-Amanda CC-Charlotte CN-Crystal GI-Gail HP-Hallie JF-Jeanette JMP-Julie JP-Jackie JY-Jennie	Instructor Key KS-Kary LB-Linda MF-Monty MS-Mary RW-Regan SB-Sara SM-Sheila SR-Stacy TJ-Tara TT-Terri	Fee required for underlined and italicized classes Schedule subject to change without notice. Symbol Key * 30 Minutes **45 Minutes +Candlelit Yoga

Class Name	Level	Description
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.
PiYo	All Levels	This class is an athletic blend of yoga and pilates to create a time efficient workout! The movements will flow and combine yoga poses and core conditioning into one class.
Yoga	All Levels	Designed for all levels allowing you to move at your own pace without judgment or competition.
Fitness Yoga	Advanced	This non-traditional yoga class focuses on strength, fluid connection of poses, balance and flexibility. Loud upbeat music, pushups and intense postures are use to enhance your mind/body experience.
Power Yoga	Intermediate	Take your practice to the next level by incorporating strength, balance and flexibility while improving body awareness.
Yogalates	All Levels	Experience the benefits of yoga and Pilates fused into one class.
Gentle Yoga	All Levels	A combination of breathing, flexibility, strength, and balance while flowing at a slow pace.
Yoga 101	Beginner	Learn the basic postures in a slower paced class while increasing flexibility, range of motion and balance.
Martial Arts for all ages	5 and Up.	Get a full-body workout while learning practical self-defense and martial arts with the whole family. \$45 per month for all karate classes. Marsha and John Fagan (602) 944 - 0757 or email younwha.az@hotmail.com.