



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 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
Instructor Key AL-Amy BS-Brooks CH-Chiffon CN-Crystal GI-Gail JB-Jennifer JF-Jeanette JY-Jennie JP-Jackie KG-Karen	Instructor Key KS-Kary LA-Lisa MF-Monty NB-Natalie RW-Regan SM-Sheila SG-Sarah SR-Stacy TJ-Tara TT-Terri		1 AM 8:45 Gentle Yoga-KG 9:45 Yogalates-SM PM <u>4:30 Martial Arts All Ages</u> 5:30 Yoga 101-MF 6:30 Power Yoga-JY	2 AM 8:30 Power Yoga-KS 9:30 Mat Pilates-JY 10:30 Yoga 101-JY PM 4:30 Power Yoga-BS 5:30 Mat Pilates-LA	3 AM 8:45 Mat Pilates-KS 9:45 PiYo-KS	4 AM 8:30 Yogalates-JB 9:30 Power Yoga-JB
5 AM 9:30 Gentle Yoga-CN	6 AM 8:45 Gentle Yoga-MF 9:45 Fitness Yoga-MF LABOR DAY HOURS 6AM-2PM	7 AM 8:30 Power Yoga-KS 9:30 Mat Pilates-KS 10:30 Yoga 101-KS PM 4:30 Power Yoga-GI 5:30 Mat Pilates-GI	8 AM 8:45 Gentle Yoga-KG 9:45 Yogalates-SM PM <u>4:30 Martial Arts All Ages</u> 5:30 Yoga 101-MF 6:30 Power Yoga-JY	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-GI	10 AM 8:45 Mat Pilates-GI 9:45 PiYo-GI	11 AM 8:30 Yogalates-SM 9:30 Power Yoga-KS Family Yoga Parents & Kids ages 5 and up! 10:30am-11:15am Instructed by: Kary
12 AM 9:30 Gentle Yoga-CN	13 AM 8:45 Gentle Yoga-JY 9:45 Fitness Yoga-AL PM 5:30 Yoga 101-GI 6:30 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-BS	15 AM 8:45 Gentle Yoga-KG 9:45 Yogalates-SM PM <u>4:30 Martial Arts All Ages</u> 5:30 Yoga 101-MF 6:30 Power Yoga-JY	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-GI	17 AM 8:45 Mat Pilates-GI 9:45 PiYo-GI	18 AM 8:30 Yogalates-SM 9:30 Power Yoga-JB
19 AM 9:30 Gentle Yoga-JY	20 AM 8:45 Gentle Yoga-JY 9:45 Fitness Yoga-AL PM 5:30 Yoga 101-GI 6:30 Power Yoga-JY	21 AM 8:30 Power Yoga-NB 9:30 Mat Pilates-JY 10:30 Yoga 101-JY PM 4:30 Power Yoga-JY 5:30 Mat Pilates-BS	22 AM 8:45 Gentle Yoga-KG 9:45 Yogalates-SM PM <u>4:30 Martial Arts All Ages</u> 5:30 Yoga 101-MF 6:30 Power Yoga-JY	23 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-GI	24 AM 8:45 Mat Pilates-GI 9:45 PiYo-GI	25 AM 8:30 Yogalates-KS 9:30 Power Yoga-KS
26 AM 9:30 Gentle Yoga-CN	27 AM 8:45 Gentle Yoga-JY 9:45 Fitness Yoga-AL PM 5:30 Yoga 101-GI 6:30 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-BS	29 AM 8:45 Gentle Yoga-KG 9:45 Yogalates-SM PM <u>4:30 Martial Arts All Ages</u> 5:30 Yoga 101-MF 6:30 Power Yoga-JY	30 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-GI	Schedule subject to change without notice. Symbol Key * 30 Minutes **45 Minutes Fee required for underlined and italicized classes	

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.
Fitness Yoga	Advanced	This non-traditional yoga class focuses on strength, fluid connection of poses, balance and flexibility. Loud up-beat 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.

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.