



Club Hours
 M-The 4:30A 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A - 9:00P
 480-889-8889

MOUNTAINSIDE FITNESS

SCOTTSDALE

SEPTEMBER GROUP FITNESS

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 CB-Connie CP-Candace CS-Cathy DB-Dee DV-Dani GB-Gina JK-Jennifer JD-Jessica JW-Julie KB-Kelly KD-Kirsten	*We will be refinishing the floors of all the group fit rooms this month. Be on the look out for schedule changes. Some classes will be held in the basket ball court while the floors are being redone.		1 AM 4:30-TBRe Cycle 5:30-Muscle-MR2 6:00-Cycle-GB 8:00 * Extreme Fit -WK 8:30-Step/Sculpt-KB 9:00-Cycle-KD 9:30-Muscle-MC Base Camp-MC2 10:30-Zumba-TA 11:00-Cycle-AF PM 5:30-Muscle-TB 5:30-Cycle-GB 6:30 Extreme Fit-WK	2 AM 5:30-Cycle-KP 6:00-Boot Camp-MC 8:00-Cycle-MV 8:00-Muscle-CP 9:00-TurboKick-MS 9:00-Cycle-KB 10:00 Hot Momma Bootcamp(group fit rm) PM 5:00-Cycle-GB 5:30-Muscle-SL 6:30-Zumba-MV 6:30 Extreme Fit (BBCourt)-WK	3 AM 4:30-TBRe Cycle 5:45-Cycle-DF 8:00 Extreme Fit-WK BB Court 8:00*Abs to the Core-GB 8:30*Cycle-GB 8:30-Step 101-MS 9:15-Cycle-KD 9:30-Step Interval-KB 10:00-Base Camp-MC2 10:30-Muscle-MC PM 5:00-Cycle-AF	4 AM 8:00-Cycle-SL 8:00 Extreme Fit (BB Court) 8:30-Step-MS 9:00-Cycle-KD 9:30-TBC-MC2 10:30-Zumba-DV
5 AM 6:30-TBRe Cycle 8:00-Cycle-SL 9:00-**Muscle-SL 9:00-Cycle-CS/GB 10:00-Fit Bodz	6 AM 6:00-Muscle-MR2 6:00-Cycle-GB 8:00 Extreme Fit-WK BB court 8:30-TBC-LS 9:00-Cycle-MV 9:30-Step II-MC 10:00-Cycle -CS 10:30-Muscle-MR 11:00-*Cycle 101-CS Labor Day Hours 6AM-2PM	7 AM 5:30-Cycle-DF 6:00-Back to School Boot Camp-MC 8:00-*Cycle-MC 8:30-*Abs to the Core-MC 9:00-TBC-TA 9:00-Cycle-LS 10:00-**Step Challenge-TA 10:00 Hot Momma Bootcamp (bball court) 11:00-Zumba-JW PM 5:30-Cycle-SL 5:30-*Abs to the Core-MS 6:00-Turbokick-MS	8 AM 4:30-TBRe Cycle 5:30-Muscle-MR2 6:00-Cycle-GB 8:00 *Extreme Fit -WK 8:30-Step/Sculpt-KB 9:00-Cycle-KD 9:30-Muscle-MC 10:00-Base Camp-MC2 10:30-Zumba-TA 11:00-Cycle-AF PM 5:30-Muscle-TB 5:30-Cycle-GB 6:30 Extreme Fit-WK	9 AM 5:30-Cycle-KP 6:00-Back to School Boot Camp-MC 8:00-Cycle-MV 8:00-Muscle-CP 9:00-TurboKick-MS 9:00-Cycle-KB 10:00 Hot Momma Bootcamp(group fit rm) PM 5:00-Cycle-GB 5:30-Muscle-SL 6:30-Zumba-MV 6:30 Extreme Fit (BBCourt)-WK	10 AM 4:30-TBRe Cycle 5:45-Cycle-DF 8:00 Extreme Fit-WK BB Court 8:00*Abs to the Core-GB 8:30*Cycle-GB 8:30-Zumba-CB 9:15-Cycle-KD 9:30-Step Interval-KB 10:00-Base Camp-MC2 10:30-Muscle-MC PM 5:00-Cycle-AF	11 AM 8:00-Cycle-SL 8:00 Extreme Fit (BB Court) 8:30-Step-MS 9:00-Cycle-KD 9:30-TBC-MC2 10:30-Zumba-DV
12 AM 6:30-TBRe Cycle 8:00-Cycle-SL 9:00-**Muscle-SL 9:00-Cycle-CS/GB 10:00-Fit Bodz	13 AM 5:30-Muscle-MR2 6:00-Cycle-GB 8:00 Extreme Fit-WK BB court 8:30-TBC-LS 9:00-Cycle-MV 9:30-* Cardio Cross Train MC 10:00-Cycle -CS 10:30-Muscle-PJ 11:00-*Cycle 101-CS PM 5:30-TBC-JK 5:30-Cycle-AF 6:30 Extreme Fit-WK BB Court	14 AM 5:30-Cycle-DF 8:00-*Cycle-MC 8:30*Abs to the Core-MC 9:00-TBC-TA 9:00-Cycle-LS 10:00-**Step Challenge-TA 10:00 Hot Momma Bootcamp (bball court) 11:00-Zumba-JW PM 5:30-Cycle-SL 5:00*Abs to the Core-MS 6:00-Turbokick-MS	15 AM 4:30-TBRe Cycle 5:30-Muscle-MR2 6:00-Cycle-GB 8:00 *Extreme Fit -WK 8:30-Step/Sculpt-KB 9:00-Cycle-KD 9:30-Muscle-MC 10:00-Base Camp-MC2 10:30-Zumba-TA 11:00-Cycle-AF PM 5:30-Muscle-TB 5:30-Cycle-GB 6:30 Extreme Fit-WK	16 AM 5:30-Cycle-KP 8:00-Cycle-MV 8:00-Muscle CP 9:00-TurboKick-MS 9:00-Cycle-KB 10:00 Hot Momma Bootcamp(group fit rm) PM *New Class!!!! 4:30-Will Power & Grace-CP 5:00-Cycle-GB 5:30-Muscle-SL 6:30-Zumba-MW 6:30 Extreme Fit (BBCourt)-WK	17 AM 4:30-TBRe Cycle 5:45-Cycle-DF 8:00 Extreme Fit-WK BB Court 8:00*Abs to the Core-GB 8:30*Cycle-GB 8:30-Zumba-CB 9:15-Cycle-KD 9:30-Step Interval-KB 10:00-Base Camp-MC2 10:30-Muscle-MC PM 5:00-Cycle-AF	18 AM 8:00-Cycle-SL 8:00 Extreme Fit (BB Court) 8:30-Step-MS 9:00-Cycle-KD 9:30-TBC-MC2 10:30-Zumba DV
19 AM 6:30-TBRe Cycle 8:00-Cycle-SL 9:00-**Muscle-SL 9:00-Cycle-CS/GB 10:00-Fit Bodz-gym floor	20 AM 5:30-Muscle-MR2 6:00-Cycle-GB 8:00 Extreme Fit-WK BB court 8:30-TBC-LS 9:00-Cycle-MV 9:30-Step II-BW 10:00-Cycle -CS 10:30-Muscle-PJ 11:00-*Cycle 101-CS PM 5:30-TBC-JK 5:30-Cycle-AF 6:30 Extreme Fit-WK BB court	21 AM 5:30-Cycle-DF 8:00-*Cycle-MC 8:30*Abs to the Core-MC 9:00-TBC-TA 9:00-Cycle-LS 10:00-**Step Challenge-TA 10:00 Hot Momma Bootcamp (bball court) 11:00-Zumba-JW PM 5:30-Cycle-SL 5:30*Abs to the Core-MS 6:00-Turbokick-MS	22 AM 4:30-TBRe Cycle 5:30-Muscle-MR2 6:00-Cycle-GB 8:00 *Extreme Fit -WK 8:30-Step/Sculpt-KB 9:00-Cycle-KD 9:30-Muscle-BW 10:00-Base Camp-MC2 10:30-Zumba-TA 11:00-Cycle-AF PM 5:30-Muscle-TB 5:30-Cycle-GB 6:30 Extreme Fit-WK	23 AM 5:30-Cycle-KP 8:00-Cycle-MV 8:00-Muscle CP 9:00-TurboKick-CP 9:00-Cycle-KB 10:00 Hot Momma Bootcamp(group fit rm) PM 5:00-Cycle-GB 4:30-Will Power & Grace-CP 5:30-Muscle-SL 6:30-Zumba-MW 6:30 Extreme Fit (BBCourt)-WK	24 AM 4:30-TBRe Cycle 5:45-Cycle-DF 8:00 Extreme Fit-WK BB court 8:00*Abs to the Core-GB 8:30*Cycle-GB 8:30-Zumba-CB 9:15-Cycle-KD 9:30-Step Interval-KB 10:00-Base Camp-MC2 10:30-Muscle-MC PM 5:00-Cycle-AF	25 AM 8:00-Cycle-SL 8:00 Extreme Fit (BB Court) 8:30-Step-CP 9:00-Cycle-KD 9:30-TBC-MC2 10:30-Zumba DV
26 AM 6:30-TBRe Cycle 8:00-Cycle-SL 9:00-**Muscle-SL 9:00-Cycle-CS/GB 10:00-Fit Bodz	27 AM 5:30-Muscle-MR2 6:00-Cycle-GB 8:00 Extreme Fit-WK BB court 8:30-TBC-LS 9:00-Cycle-MV 9:30-Cardio Cross Train MC 10:00-Cycle -CS 10:30-Muscle-PJ 11:00-*Cycle 101-CS PM 5:30-TBC-MS 5:30-Cycle-AF 6:30 Extreme Fit-WK BB court	28 AM 5:30-Cycle-DF 6:00-Ultimate Boot Camp-MC 8:00-*Cycle-MC 8:30*Abs to the Core-MC 9:00-TBC-TA 9:00-Cycle-LS 10:00>**Step Challenge-TA 10:00 Hot Momma Bootcamp (bball court) 11:00-Zumba-JW PM 5:30-Cycle-SL 5:30*Abs to the Core-MS 6:00-Turbokick-MS	29 AM 4:30-TBRe Cycle 5:30-Muscle-MR2 6:00-Cycle-GB 8:00 *Extreme Fit -WK 8:30-Step/Sculpt-KB 9:00-Cycle-KD 9:30-Muscle-BW 10:00-Base Camp-MC2 10:30-Zumba-TA 11:00-Cycle-AF PM 5:30-Muscle-TB 5:30-Cycle-GB 6:30 Extreme Fit-WK	30 AM 5:30-Cycle-KP 6:00-Ultimate Boot Camp-MC 8:00-Cycle-MV 8:00-Muscle CP 9:00-TurboKick-CP 9:00-Cycle-KB 10:00 Hot Momma Bootcamp(group fit rm) PM 4:30-Will Power & Grace-CP 5:00-Cycle-GB 5:30-Muscle-SL 6:30-Zumba-MW 6:30 Extreme Fit (BBCourt)-WK		

* 30 minute class
 ** 45 minute class
 *** 75 minute class

Schedules Subject to change without notice.
 Underlined & italicized classes are specialty classes—see the front desk