



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

MOUNTAINSIDE FITNESS
SCOTTSDALE GROUP FITNESS

February 2012

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 AF- Andy AK-Anne BW- Billie CP- Candace CS- Cathy CO-Kai DF - Dana DM- Dave DV- Dani JK- Jennifer JD- Jessica JJ- Jill JN- Janet JW- Julie KB- Kelly B KD- Kirsten KK-Kelly K	Instructor Key LS - Lynn MC- Michelle MR- Michele MS- Mandy MV- Marivic PJ- Patty PL- Paula RA- Robin RG-Rosalie SW-Shaw TC- Tabitha TA- Tracy A. TF- Tracy F. TB- Tina WK- Wendy	Schedule Subject to change without notice. Underlined & italicized classes are specialty classes - See the front desk	1 AM 5:30 Muscle- RG 6:00 Cycle- JD 8:30 Step/Sculpt- KB 8:30 Cycle-KD 9:00 Extreme Fit Camp- WK 9:30 Muscle- MC 10:30 Zumba- TA 11:00 Cycle- AF PM 5:30 Muscle-TB 5:30 Cycle-KK	2 AM 5:30 Cycle- MR 6:00 Ult Bootcamp2012- MC 8:00 Cycle- MV 8:00 Long & Lean- TBD 9:00 Piloxing-JJ 9:00 Cycle- KB PM 5:30 Cycle- CS 5:30 Zumba- AK 6:30 *Upper Body Blast-RV	3 AM 5:45 Cycle-JD 8:30 Cycle- JD 8:30 Zumba- PL 9:00 Extreme Fit Camp - WK 9:30 Cycle- TF 9:30 Step Interval- KB 10:30 Muscle- MC PM 5:00 Cycle- AF	4 AM 8:00 Cycle- LS 8:30 Step- TC 9:00 Weekend Warriors-WK 9:00 Cycle- KD 9:30 TBC- RA 10:30 Zumba- DV
5 AM 8:00 Cycle- KK 9:00 Muscle- KK 9:00 Cycle- DM	6 AM 5:30 Muscle- JD 6:00 Cycle- CS 8:30 TBC- LS 9:00 Cycle- MV 9:00 Extreme Fit Camp - WK 9:30 Step II- MC 10:30 Muscle- PJ PM 5:30 Zumba Tone-SW 5:30 Cycle- AF	7 AM 5:30 Cycle- DF 6:00 Ult Bootcamp2012- MC 8:00 * Cycle- RA 8:30 *Abs to the Core- RA 9:00 TBC- TA 9:00 Cycle-JD 10:00 **Step Challenge- TA 11:00 Zumba- PL PM 5:30 Zumba- JJ 6:00 Cycle-RG	8 AM 5:30 Muscle- RG 6:00 Cycle- JD 8:30 Step/Sculpt- KB 8:30 Cycle-KD 9:00 Extreme Fit Camp- WK 9:30 Muscle- MC 10:30 Zumba- TA 11:00 Cycle- AF PM 5:30 Muscle-TB 5:30 Cycle-KK	9 AM 5:30 Cycle- MR 6:00 Ult Bootcamp2012- MC 8:00 Cycle- MV 8:00 Long & Lean-KO 9:00 Piloxing-JJ 9:00 Cycle- KB PM 5:30 Cycle- CS 5:30 Zumba- AK 6:30 *Lower Body Blast-RV	10 AM 5:45 Cycle-JD 8:30 Cycle- JD 8:30 Zumba- PL 9:00 Extreme Fit Camp - WK 9:30 Cycle- TF 9:30 Step Interval- KB 10:30 Muscle- MC PM 5:00 Cycle- AF	11 AM 8:00 Cycle- LS 8:30 Step- TC 9:00 Weekend Warriors-WK 9:00 Cycle- KD 9:30 TBC- TC 10:30 Zumba- DV
12 AM 8:00 Cycle- KK 9:00 Muscle- KK 9:00 Cycle- CS	13 AM 5:30 Muscle- JD 6:00 Cycle- CS 8:30 TBC- LS 9:00 Cycle- MV 9:00 Extreme Fit Camp - WK 9:30 Step II- MC 10:30 Muscle- PJ PM 5:30 Zumba Tone-SW 5:30 Cycle- AF	14 AM 5:30 Cycle- DF 8:00 * Cycle- RA 8:30 *Abs to the Core- RA 9:00 TBC- TA 9:00 Cycle-JD 10:00 **Step Challenge- TA 11:00 Zumba- PL PM 5:30 Zumba- JJ 6:00 Cycle-RG	15 AM 5:30 Muscle- RG 6:00 Cycle- JD 8:30 Step/Sculpt- KB 8:30 Cycle-KD 9:00 Extreme Fit Camp - WK 9:30 Muscle- MC 10:30 Zumba- TA 11:00 Cycle- AF PM 5:30 Muscle-TB 5:30 Cycle-KK	16 AM 5:30 Cycle- MR 8:00 Cycle- MV 8:00 Long & Lean- KO 9:00 Piloxing-JJ 9:00 Cycle- KB PM 5:30 Cycle- CS 5:30 Zumba- AK 6:30 *Upper Body Blast-RV	17 AM 5:45 Cycle-JD 8:30 Cycle- JD 8:30 Zumba- PL 9:00 Extreme Fit Camp - WK 9:30 Cycle- TF 9:30 Step Interval- KB 10:30 Muscle- MC PM 5:00 Cycle- AF	18 AM 8:00 Cycle- LS 8:30 Step- TC 9:00 Weekend Warriors-WK 9:00 Cycle- KD 9:30 TBC- RA 10:30 Zumba- DV
19 AM 8:00 Cycle- KK 9:00 Muscle-KK 9:00 Cycle- DF	20 AM 5:30 Muscle- JD 6:00 Cycle- CS 8:30 TBC- LS 9:00 Cycle- MV 9:00 Extreme Fit Camp - WK 9:30 Step II- MC 10:30 Muscle- PJ PM 5:30 Zumba Tone-SW 5:30 Cycle- AF	21 AM 5:30 Cycle- DF 6:00 Ult Bootcamp- MC 8:00 * Cycle- RA 8:30 *Abs to the Core- RA 9:00 TBC- TA 9:00 Cycle-JD 10:00 **Step Challenge- TA 11:00 Zumba- PL PM 5:30 Zumba- JJ 6:00 Cycle-RG	22 AM 5:30 Muscle- RG 6:00 Cycle- JD 8:30 Step/Sculpt- KB 8:30 Cycle-KD 9:00 Extreme Fit Camp - WK 9:30 Muscle- MC 10:30 Zumba- TA 11:00 Cycle- AF PM 5:30 Muscle-TB 5:30 Cycle-KK	23 AM 5:30 Cycle- MR 6:00 Ult Bootcamp- MC 8:00 Cycle- MV 8:00 Long & Lean-KO 9:00 Piloxing-JJ 9:00 Cycle- KB PM 5:30 Cycle- CS 5:30 Zumba- AK 6:30 *Lower Body Blast-RV	24 AM 5:45 Cycle-JD 6:00 Ult Bootcamp- MC 8:30 Cycle- JD 8:30 Zumba- PL 9:00 Extreme Fit Camp - WK 9:30 Cycle- TF 9:30 Step Interval- KB 10:30 Muscle- MC PM 5:00 Cycle- AF	25 AM 8:00 Cycle- LS 8:30 Step- TC 9:00 Weekend Warriors-WK 9:00 Cycle- KD 9:30 TBC- TC 10:30 Zumba- DV
26 AM 8:00 Cycle- KK 9:00 Muscle-KK 9:00 Cycle- CS	27 AM 5:30 Muscle- JD 6:00 Cycle- CS 8:30 TBC- LS 9:00 Cycle- MV 9:00 Extreme Fit Camp - WK 9:30 Step II- MC 10:30 Muscle- PJ PM 5:30 Zumba Tone-SW 5:30 Cycle- AF	28 AM 5:30 Cycle- DF 6:00 Ult Bootcamp- MC 8:00 * Cycle- RA 8:30 *Abs to the Core- RA 9:00 TBC- TA 9:00 Cycle-JD 10:00 **Step Challenge- TA 11:00 Zumba- PL PM 5:30 Zumba- JJ 6:00 Cycle-RG	29 AM 5:30 Muscle- RG 6:00 Cycle- JD 8:30 Step/Sculpt- KB 8:30 Cycle-KD 9:00 Extreme Fit Camp - WK 9:30 Muscle- MC 10:30 Zumba- TA 11:00 Cycle- AF PM 5:30 Muscle-TB 5:30 Cycle-KK	*30 min classes **45 min classes All other classes 55 min TBC= Total Body Conditioning		

Class	Level	Description
STEP CLASSES		
Step I	Beginner	Learn basic step moves in easy to follow combinations.
Step II	Intermediate	Intermediate step combinations for a great cardio workout.
Step Challenge	Advanced	Advanced choreography, 100% cardio, cool down and a stretch.
Step Interval	Intermediate	High intensity step combinations with anaerobic conditioning.
CARDIO CLASSES		
Cardio Kickbox	Intermediate	A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills.
TurboKick	Intermediate	The hottest kickboxing class in the industry. The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training.
Simply Circuit	Intermediate	Cardio specific intervals for maximum calorie burning paired with standing core strengthening.
Jump Street	All Levels	30min to jump rope your way to a more fit you!
HIIT	Intermediate	The most intense cardio workout ever! In this 30 min class you will work cardio intervals to push yourself to the limit.
TBC (Total Body Conditioning)	All Levels	Total body conditioning is a minimal choreography, maximal results class. Improve cardiovascular and muscular endurance in this fun yet challenging class
SPECIALTY CLASSES		
Hip Hop Interval	All Levels	A fun, energetic dance class that teaches the basic hip hop moves and turns them into a new dance each class.
Zumba Toning	All Levels	When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.
Zumba	All Levels	Dance your way to a fitter you. Exciting and unique Latin moves and rhythms in an easy to follow format.
Piloxing	All Levels	PILOXING uniquely mixes Pilates and boxing into a fat torching and muscle sculpting workout guaranteed to whip you into shape. Experience the transformation as you attain a sleek, sexy and powerful self-image.
STRENGTH TRAINING CLASSES		
Abs to the core	All Levels	Target the abdominals and lower back to improve core strength. *Presented by Core Concepts
BLT	All Levels	Buns, Legs, and Thighs is a class focused on the legs. Sculpting and toning all the trouble zones.
Upper/Core Conditioning	All Levels	This class focuses on strengthening the muscles in the upper body and core.
Glide & Tone	All Levels	Using specially designed gliding disks and bodyweight, you will tone your body as you glide along.
Long & Lean	All Levels	The use of low weights and high repetitions to build muscle that is long and lean.
Sculpting/Muscle	All Levels	This class focuses on muscular endurance to strengthen and define both the upper and lower body muscles utilizing assorted resistance tools. Sign up required at the front desk.
CYCLE CLASSES		
<i>Sign up at the front desk prior to class.</i>		
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.
Resist-n-Ride	Intermediate	A high energy aerobic ride with the addition of core and upper body exercises for an amazing full body workout!
Music Video Cycle	All Levels	Beat the heat and take your outdoor ride inside and have fun as you ride to music videos. Sign up required.
YOGA & PILATES CLASSES		
Yoga 101	Beginner	Learn the basic postures in a slower paced class while increasing flexibility, range of motion and balance.
Yoga	All Levels	Designed for all levels allowing you to move at your own pace without judgment or competition.
Will Power & Grace	All Levels	A barefoot cardio and strength training class. Focuses on mind/body connection and muscle control.
Power Yoga	Intermediate	Take your practice to the next level by incorporating strength, balance and flexibility while improving body awareness.
Yoga Flow	Intermediate	This class links yoga poses to breath, as you move fluidly through a series of vinyasa sequences.
Sunrise Sivananda	All Levels	This approach to yoga will reshape & strengthen your yoga practice immensely by adding patience, consciousness, concentration and dedication regarding body and mind. Take the challenge to see how a slower and more deliberate practice can empower and energize you outside and in!
Pilates Fusion	All Levels	A unique and fun fusion and union of Pilates and yoga. This class targets the "core" concepts of each practicum & theory while "centering" on advancing and alternating your practice through expansion, strength and a dynamic flow of energy and concentration.
PIYo	Intermediate	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.
Deep Stretch	All Levels	A gentle, warm blend of stretch, flow, and spinal balance to help with alignment and range of motion. The focus of this class is to hold poses that offer a deep stretch in combination with relaxation.
Mat2Music	All Levels	A blend of traditional mat Pilates moves with inspiring music as a guide to strengthen, lengthen and tone all bodies.
3D Pilates	All Levels	A contemporary method of teaching Pilates that incorporates moving the body in all three planes. Balls, Bosu and various other types of equipment are used to add dimension to this class. Come challenge your core and train your entire body!
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.
Booty Barre	All Levels	The Booty Barre™ workout is a uniquely fun, high-energy group fitness experience, which fuses exercise techniques from the worlds of Pilates, Dance, Cardio-Sculpting Moves and Yoga. (A ballet barre is used for this class.)
Athletic Stretch & Core	All Levels	This class focuses on core work and stretching to improve athletic performance.
KIDS CLASSES		
Zumbatomic	Ages 4 to8	Zumbatomic® classes are high-energy fitness-parties that offer real results. Packed with specially choreographed routines that increase focus and self-confidence, boost metabolism and improve coordination
Family Yoga	Ages 8 up	Share the practice of yoga with your children by experience a fun mind/body class as an entire family.
Fit Kids	Ages 3-5	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.