



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

MOUNTAINSIDE FITNESS

SCOTTSDALE

SEPTEMBER- MIND/BODY

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-Abbie DLE-Debra Lynn GH-Greg HD-Heather JM-Jennifer JK-Julie JL-Julie JM2-Jonell JS-Jean LS-Linda LJ-Lynn	Instructor Key LW-Lisa MC2-Maria MP-Maria MV-Marivic NB-Nicole TS-Teresa	*We will be refinishing the floors of all the group fit rooms this month. Be on the lookout for schedule changes. Some classes will be held in the basket ball court while the floors are being redone	1 AM 8:00 Will Power & Grace-CP 9:15-Yoga Flow-LS 10:30-Stretch-LS PM 5:30-Heated Power Yoga-LW	2 AM 6:30 Yoga-AC 8:00 Pilates Ref-Bar-MP 9:00-Mat Pilates-HD 10:00-Yoga Dynamic-MV PM 6:30-Yoga-GH	3 AM 8:15-Yoga 101-LS 9:15-Yoga flow-LS 10:30-MatPilates-MP PM 4:30-Yoga flow-JS	4 AM 8:30-Mat Pilates—MP 9:30-Yoga 101-LS 10:30-PowerYoga-LS PM 12:00-Yoga-LW
5 AM 8:00-Yoga-JK 9:00-Mat Pilates-JK 10:15-Power Yoga-JM2	6 AM 8:15-Yoga 101-LS 9:30-PowerYoga-JK1 10:30-MatPilates-JM 11:30-Stretch-MV Labor Day hours 6AM-2PM	7 AM 6:30-Yoga-AC 8:00-Pilates Ref-Bar-MP 9:00-PowerYoga-DLE 10:00-MatPilates-JK 11:00 Yoga-JK PM 4:30-Yoga Flow-LW 5:30-MatPilates-TS 6:30-Yoga-JM	8 AM 8:00 Will Power & Grace-CP 9:15-Yoga Flow-LS 10:30-Stretch-LS PM 5:30-Heated Power Yoga-LW	9 AM 6:30 Yoga-AC 8:00 Pilates Ref-Bar-MP 9:00-Mat Pilates-HD 10:00-Yoga Dynamic-MV PM 6:30-Yoga-GH	10 AM 8:15-Yoga 101-LS 9:15-Yoga flow-LS 10:30-MatPilates-MP PM 4:30-Yoga flow-JS	11 AM 8:30-Mat Pilates—MP 9:30-Yoga 101-LS 10:30-PowerYoga-LS PM 12:00-Yoga-LW
AM 8:00 Yoga-JK 9:00-Mat Pilates-JK 10:15 Power Yoga-LJ	AM 8:15-Yoga 101-LS 9:30-PowerYoga-JK 10:30-MatPilates-JM 11:30-Stretch-MV PM 4:30-Deep Stretch-MC2 6:00-Heated Power Yoga -JL	AM 6:30-Yoga-AC 8:00-Pilates Ref-Bar-MP 9:00-PowerYoga-DLE 10:00-MatPilates-JK 11:00 Yoga-JK PM 4:30-Yoga Flow-LW 5:30-MatPilates-TS 6:30-Yoga-JM	AM 8:00-Will Power & Grace-CP 9:15-Yoga Flow-LS 10:30 Stretch-LS PM 5:30-Heated Power Yoga-LW	AM 6:30 Yoga-AC 8:00 Pilates Ref-Bar-MP 9:00-Mat Pilates-HD 10:00-Yoga Dynamic-MV PM 6:30-Yoga-GH	AM 8:15-Yoga 101-LS 9:15-Yoga flow-LS 10:30-MatPilates-MP PM 4:30 Yoga flow-JS	AM 8:30-Mat Pilates—MP 9:30-Yoga 101-LS 10:30-PowerYoga-LS PM 12:00-Yoga-LW
AM 8:00 Yoga-JK 9:00-Mat Pilates-JK 10:15 Power Yoga-LJ Family Yoga 11:30AM-12:30PM Ages 5-105	AM 8:15-Yoga 101-LS 9:30-PowerYoga-JK 10:30-MatPilates-JM 11:30-Stretch-MV PM 4:30-Deep Stretch-MC2 6:00 Heated Power Yoga -JL	AM 6:30-Yoga-AC 8:00 Pilates Ref-Bar-MP 9:00-PowerYoga-DLE 10:00-MatPilates-JK 11:00-Yoga-JK PM 4:30-Yoga Flow-LW 5:30-MatPilates-TS 6:30 Yoga-JM	AM 8:00-Will Power & Grace-CP 9:15-Yoga Flow-LS 10:30-Stretch-LS PM 5:30-Heated Power Yoga-LW	AM 6:30 Yoga-AC 8:00 Pilates Ref-Bar-MP 9:00-Mat Pilates-HD 10:00-Yoga Dynamic-MV PM 6:30-Yoga-GH	AM 8:15-Yoga 101-LS 9:15-Yoga flow-LS 10:30-MatPilates-MP PM 4:30-Yoga flow-JS	AM 8:30-Mat Pilates—MP 9:30-Yoga 101-LS 10:30-PowerYoga-LS PM 12:00-Yoga-LW
AM 8:00-Yoga-JK 9:00-Mat Pilates-JK 10:15 Power Yoga-LJ	AM 8:15-Yoga 101-LS 9:30 Power Yoga-JK 10:30-MatPilates-JM 11:30 Stretch-MV PM 4:30-Deep Stretch-MC2 6:00 Heated Power Yoga -JL	AM 6:30-Yoga-AC 8:00 Pilates Ref-Bar-MP 9:00-PowerYoga-DLE 10:00-MatPilates-JK 11:00-Yoga-JK PM 4:30-Yoga Flow-LW 5:30-MatPilates-TS 6:30-Yoga-JM	AM 8:00-Will Power & Grace-CP 9:15-Yoga Flow-LS 10:30-Stretch-LS PM 5:30-Heated Power Yoga-LW	AM 6:30 Yoga-AC 8:00 Pilates Ref-Bar-MP 9:00-Mat Pilates-HD 10:00-Yoga Dynamic-MV PM 6:30-Yoga-GH		

CLASS DESCRIPTIONS

YOGA 101-Great for beginners to intermediate practitioners. A slower moving class that enables the more advanced students to challenge themselves while offering beginners plenty of explanation.

YOGA A-Designed for the beginner as well as the advanced enthusiast. All levels are demonstrated, allowing you to move at your own pace without judgment or competition.

YOGA FLOW-Based on flow principals, the movements are designed to challenge strength, balance and flexibility. Experience with basic poses a prerequisite.

POWER YOGA-For the intermediate-advanced participant. A challenging class for the yoga enthusiast.

Will Power & Grace: A new barefoot mind/body cardio toning experience. It is like cardio for yogis

YOGA DYNAMIC-Focuses on the structural alignment and technique to develop strength, stamina, flexibility and balance. Challenging but open to all levels. This is NOT a flow class.

DEEP STRETCH-Known as Yin yoga. Deeply held postures with a meditative focus to release back, hips, shoulders and legs. All levels welcome.

MAT PILATES-For those who are looking to strengthen the core (back and abs) and develop long, lean musculature.

