



Club Hours
 M-Th 4:30AM-11:00PM
 Fri 4:30AM-9:00PM
 Sat & Sun 6:00AM-9:00PM
 623-889-0374

Mountainside Fitness Centers Surprise September 2010 Group Fitness Schedule

Childcare Hours
 M-F 7:30AM - 8:30PM
 Sat 8:00AM- 6:00PM
 Sun 8:00AM- 3:00PM



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Instructor Key: AW-Adrienne AP-Amy BL-Breh BI-Becky CM-Celeste DD-Deborah EG-Erin JJ-Jerry JC-Jennifer JL-Jenny JM-Jamie JP-Judy	MT-Mandy MS-Meredith CL-Cynthia NT-Nikki NM-Nat RG-Renna SS-Stefanie TA-Therese	<p style="color: blue; text-align: center;">Schedule subject To change without notice</p>	1 5:15 Cycle**NB 5:30 TBC**BI 7:00 Katacize-NM 8:15 Gravity-BI 8:45 Step Challenge-MT 9:45 TBC-MS 9:15 Cycle**-BI 4:30 Muscle-SS 5:00 Cycle II - BI 5:30 Abs & Buns* 6:00 TBC-JM 6:15 Cycle-JL 7:00 Zumba**—CM 7:00 Gravity** NM 8:00 Muscle steel & flex-NM	2 8:30 Power kickboxing-JC 8:45 Cycle**MT 9:30 Athletic Conditioning—MS 10:30 Katacize**NM 11:15 Muscle**NM 5:30 Cycle-NB 5:30 Kick box**—JM 6:15 TBC-BI 6:15 Gravity** NM	3 5:15 Cycle**AP 7:00 Katacize—NM 8:30 Zumba-MS 9:00 Cycle I-IRG 9:30 TBC—BI 5:00 Cycle**EG 5:45 Muscle—SS	4 8:15 Step I I-SS 8:30 Gravity Strength**NM 9:15 On the Ball—SS 10:30 Zumba-TA 8:15 Cycle-RG 9:30 Cycle-RG
5 10:00 Cycle-JL	6 PUBLIC HOLIDAY CLUB HOURS : 6AM - 2PM 8:45 Cycle**JC 9:45 Cycle**MT 8:45 Step & Sculpt-MT 9:45 TBC**JC 10:30 Zumba-MS	7 8:30 Cardio Circuit-MS 8:45 Cycle**EG 9:30 Athletic Conditioning - BI 10:30 Katacize**NM 11:15 Muscle**NM 4:30 On the ball—NT 5:30 Kick box**JM 6:15 TBC**BI 6:30 Cycle-NB 7:00 Zumba-DD	8 5:15 Cycle**NB 5:30 TBC**BI 7:00 Katacize-NM 8:15 Gravity-BI 8:45 Step Challenge-MT 9:45 TBC-MS 9:15 Cycle**-BI 4:30 Muscle—SS 5:00 Cycle II - BI 5:30 Abs & Buns* 6:00 TBC-JM 6:15 Cycle-JL 7:00 Zumba**—CM 7:00 Gravity** NM 8:00 Muscle steel & flex-NM	9 8:30 Power kickboxing—JC 8:45 Cycle**MT 9:30 Athletic Conditioning—MS 10:30 Katacize**NM 11:15 Muscle**NM 5:30 Cycle-NB 5:30 Kick box** JM 6:15 TBC-BI 6:15 Gravity** NM	10 5:15 Cycle**AP 7:00 Katacize—NM 8:30 Zumba-MS 9:00 Cycle I-IRG 9:30 TBC-BI 5:00 Cycle**EG 5:45 Muscle—SS	11 8:15 Step I I-SS 8:30 Gravity Strength**NM 9:15 On the Ball—SS 10:30 Zumba-TA 8:15 Cycle-RG 9:30 Cycle-RG
12 10:00 Cycle-JL	13 5:15 Cycle**AP 5:30 TBC**BI 8:00 Gravity**NM 8:45 Step & Sculpt-MT 8:45 Cycle**JC 9:45 TBC**JC 10:30 Zumba-MS 9:45 Cycle**MT 5:00 Cycle II - BI 5:30 Abs & Buns* -JM 6:00 TBC -JM 6:00 Gravity**BI 6:15 Cycle-JL 7:00 Zumba**—CM 8:00 Muscle steel & flex-NM	14 8:30 Cardio Circuit-MS 8:45 Cycle**EG 9:30 Athletic Conditioning - BI 10:30 Katacize**NM 11:15 Muscle**NM 4:30 On the ball—JP 5:30 Kick box**JM 6:15 TBC**BI 6:30 Cycle-NB 7:00 Zumba-DD	15 5:15 Cycle**NB 5:30 TBC**BI 7:00 Katacize-NM 8:15 Gravity-BI 8:45 Step Challenge-MT 9:45 TBC-MS 9:15 Cycle—BI 4:30 Muscle—JP 5:00 Cycle II - BI 5:30 Abs & Buns* 6:00 TBC-JM 6:15 Cycle-JL 7:00 Zumba**—CM 7:00 Gravity** NM 8:00 Muscle steel & flex-NM	16 8:30 Power kickboxing-JC 8:45 Cycle**MT 9:30 Athletic Conditioning -MS 10:30 Katacize**NM 11:15 Muscle**NM 5:30 Cycle-NB 5:30 Kick box**JM 6:15 TBC-BI 6:15 Gravity** NM	17 5:15 Cycle**AP 7:00 Katacize—NM 8:30 Zumba-MS 9:00 Cycle I-IRG 9:30 TBC-BI 5:00 Cycle**EG 5:45 Muscle—SS	18 8:15 Step—JP 8:30 Gravity Strength**NM 9:15 On the Ball—JP 10:30 Zumba-TA 8:15 Cycle-RG 9:30 Cycle-RG
19 10:00 Cycle-JL	20 5:15 Cycle**AP 5:30 TBC**BI 8:00 Gravity**NM 8:45 Step & Sculpt-MT 8:45 Cycle**JC 9:45 TBC**JC 10:30 Zumba-MS 9:45 Cycle**MT 5:00 Cycle II - BI 5:30 Abs & Buns* -JM 6:00 TBC-JM 6:00 Gravity**BI 6:15 Cycle-JL 7:00 Zumba**—CM 8:00 Muscle steel & flex-NM	21 8:30 Cardio Circuit-MS 8:45 Cycle**EG 9:30 Athletic Conditioning-BI 10:30 Katacize**NM 11:15 Muscle**NM 4:30 On the ball—JP 5:30 Kick box**JM 6:15 TBC**SS 6:30 Cycle-NB 7:00 Zumba-DD	22 5:15 Cycle**NB 5:30 TBC**BI 7:00 Katacize-NM 8:15 Gravity-BI 8:45 Step Challenge-MT 9:45 TBC-MS 9:15 Cycle—BI 4:30 Muscle—JP 5:00 Cycle II - BI 5:30 Abs & Buns* 6:00 TBC-JM 6:15 Cycle-JL 7:00 Zumba**—CM 7:00 Gravity** NM 8:00 Muscle steel & flex-NM	23 8:30 Power kickboxing-JC 8:45 Cycle**MT 9:30 Athletic Conditioning -MS 10:30 Katacize**NM 11:15 Muscle**NM 5:30 Cycle-NB 5:30 Kick box**JM 6:15 TBC-BI 6:15 Gravity** NM	24 5:15 Cycle**AP 7:00 Katacize—NM 8:30 Zumba-MS 9:00 Cycle I-IRG 9:30 TBC-BI 5:00 Cycle**EG 5:45 Muscle—SS	25 8:15 Step II—JP 8:30 Gravity Strength**NM 9:15 On the Ball—JP 10:30 Zumba-TA 8:15 Cycle-RG 9:30 Cycle-RG
26 10:00 Cycle-AP	27 5:15 Cycle**AP 5:30 TBC**BI 8:00 Gravity**NM 8:45 Step & Sculpt-MT 8:45 Cycle**JC 9:45 TBC**JC 10:30 Zumba-MS 9:45 Cycle**MT 5:00 Cycle II - BI 5:30 Abs & Buns* -JM 6:00 TBC-JM 6:00 Gravity**BI 6:15 Cycle-JL 7:00 Zumba**—CM 8:00 Muscle steel & flex-NM	28 8:30 Cardio Circuit-MS 8:45 Cycle**EG 9:30 Athletic Conditioning—BI 10:30 Katacize**NM 11:15 Muscle**NM 4:30 On the ball—JP 5:30 Kick box**JM 6:15 TBC**BI 6:30 Cycle-NB 7:00 Zumba-DD	29 5:15 Cycle**NB 5:30 TBC**BI 7:00 Katacize-NM 8:15 Gravity-BI 8:45 Step Challenge-MT 9:45 TBC-MS 9:15 Cycle—BI 4:30 Muscle—JP 5:00 Cycle II - BI 5:30 Abs & Buns* 6:00 TBC-JM 6:15 Cycle-JL 7:00 Zumba**—CM 7:00 Gravity** NM 8:00 Muscle steel & flex-NM	30 8:30 Power kickboxing-JC 8:45 Cycle**MT 9:30 Athletic Conditioning -MS 10:30 Katacize**NM 11:15 Muscle**NM 5:30 Cycle-NB 5:30 Kick box**JM 6:15 TBC-BI 6:15 Gravity** NM		

