




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

Mountainside 2012 Fitness Centers Surprise FEBRUARY- 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 AS-Amber BL-Breh BI-Becky BG-Brittany EG-Erin JJ-Jerry JC-Jennifer JL-Jenny JM-Jamie JP-Judy	HH-Holly JD-Jodell KS-Kristi MT-Mandy MS-Meredith NM-Nat RG-Renna' SS-Stefanie SP-Sharon TA-Therese		1 5:15 Cycle-JD 5:30 TBC-BI <u>8:30 Gravity-BI</u> 8:45 Step-MT 9:45 TBC-BI 9:15 Cycle-AS 4:30 Musde-JP 5:00 Cycle -HH 5:30 Abs & Buns* 6:00 TBC-JM 6:00 Cycle-JL <u>7:00 Gravity** NM</u> 7:00 Zumba -SP 8:00 Muscle steel & flex-NM	2 8:45 Cycle**MT 8:30 TBC-MS 9:30 Zumba-MS 10:30 Katacize**NM 11:15 Musde**NM <u>10:30 HOT MOMMY BOOTCAMP</u> 6:00 Cycle-KS 5:15 PILOXING-AS 6:15 TBC-SS 7:15 Zumba Mix**BG <u>6:15 Gravity** NM</u> <u>7:30 BOOTCAMP</u>	3 5:15 Cycle-JD 8:30 TBC-BI 9:30 Cycle-JL 9:30 Zumba-MS 4:45 Cycle**AS 5:30 Musde-SS	4 8:15 On the Ball-SS <u>8:30 Gravity Strength**NM</u> 9:15 Zumba-TA 10:30 Zumba-TA 9:00 Cycle-KS
5 09:00 Cycle-JL	6 5:15 Cycle-KS 5:30 TBC**BI 8:45 Step & Sculpt-MT 8:45 Cycle-AS 9:45 TBC-JC 9:45 Cycle**MT 5:00 Cycle -EG 5:30 Abs & Buns*-JM 6:00 TBC -JM <u>6:15pm Gravity**BI</u> 6:00 Cycle-JL 7:00 Zumba-TA 8:00 Muscle steel & flex-NM	7 8:30 TBC-MS 9:30 Zumba-MS 10:30 Katacize**NM 11:15 Musde**NM <u>10:30 HOT MOMMY BOOTCAMP</u> 4:30 On the ball-JP 5:30 Kick box**JM 6:15 TBC**SS 6:00 Cycle-JD 7:00 Zumba Mix-BG <u>7:30 BOOTCAMP</u>	8 5:15 Cycle-JD 5:30 TBC**BI <u>8:30 Gravity-BI</u> 8:45 Step-MT 9:45 TBC-BI 9:15 Cycle-AS 4:30 Musde-JP 5:00 Cycle -HH 5:30 Abs & Buns* 6:00 TBC-JM 6:00 Cycle-JL <u>7:00 Gravity** NM</u> 7:00 Zumba -SP 8:00 Muscle steel & flex-NM	9 8:45 Cycle**MT 8:30 TBC-MS 9:30 Zumba-MS 10:30 Katacize**NM 11:15 Musde**NM <u>10:30 HOT MOMMY BOOTCAMP</u> 6:00 Cycle-KS 5:15 PILOXING-AS 6:15 TBC-SS 7:15 Zumba Mix**BG <u>6:15 Gravity** NM</u> <u>7:30 BOOTCAMP</u>	10 5:15 Cycle-JD 8:30 TBC-MS 9:30 Cycle-JL 9:30 Zumba-MS 4:45 Cycle**AS 5:30 Musde-SS	11 8:15 On the Ball-SS <u>8:30 Gravity Strength**NM</u> 9:15 Zumba-TA 10:30 Zumba-TA 9:00 Cycle-Amanda
12 09:00 Cycle-JL	13 5:15 Cycle-KS 5:30 TBC**BI 8:45 Step & Sculpt-MT 8:45 Cycle-AS 9:45 TBC-JC 9:45 Cycle**MT 5:00 Cycle -EG 5:30 Abs & Buns*-JM 6:00 TBC -JM <u>6:15pm Gravity**BI</u> 6:00 Cycle-JL 7:00 Zumba-TA 8:00 Muscle steel & flex-NM	14  8:30 TBC-MS 9:30 Zumba-MS 10:30 Katacize**NM 11:15 Musde**NM <u>10:30 HOT MOMMY BOOTCAMP</u> 4:30 On the ball-JP 5:30 Kick box**JM 6:15 TBC**SS 6:00 Cycle-JD 7:00 Zumba Mix-BG <u>7:30 BOOTCAMP</u>	15 5:15 Cycle-JD 5:30 TBC**BI <u>8:30 Gravity-BI</u> 8:45 Step-MT 9:45 TBC-BI 9:15 Cycle-AS 4:30 Musde-JP 5:00 Cycle -HH 5:30 Abs & Buns* 6:00 TBC-JM 6:00 Cycle-JL <u>7:00 Gravity**NM</u> 7:00 Zumba -SP 8:00 Muscle steel & flex-NM	16 8:45 Cycle**MT 8:30 TBC-MS 9:30 Zumba -MS 10:30 Katacize**NM 11:15 Musde**NM <u>10:30 HOT MOMMY BOOTCAMP</u> 6:00-Cycle-KS 5:15 PILOXING-AS 6:15 TBC-SS 7:15 Zumba Mix**BG <u>6:15 Gravity** NM</u> <u>7:30 BOOTCAMP</u>	17 5:15 Cycle-JD 8:30 TBC-BI 9:30 Cycle-JL 9:30 Zumba-MS 4:45 Cycle**AS 5:30 Musde-SS	18 8:15 On the Ball-SS <u>8:30 Gravity Strength**NM</u> 9:15 Zumba-TA 10:30 Zumba-TA 9:00 Cycle-KS
19 09:00 Cycle-JL	20 5:15 Cycle-KS 5:30 TBC**BI 8:45 Step & Sculpt-MT 8:45 Cycle-AS 9:45 TBC-JC 9:45 Cycle**MT 5:00 Cycle -EG 5:30 Abs & Buns*-JM 6:00 TBC-JM <u>6:15pm Gravity**BI</u> 6:00 Cycle-JL 7:00 Zumba-TA 8:00 Muscle steel & flex-NM	21 8:30 TBC-MS 9:30 Zumba-MS 10:30 Katacize**NM 11:15 Musde**NM <u>10:30 HOT MOMMY BOOTCAMP</u> 4:30 On the ball-JP 5:30 Kick box**JM 6:15 TBC**SS 6:00 Cycle-JD 7:00 Zumba Mix-BG <u>7:30 BOOTCAMP</u>	22 5:15 Cycle-JD 5:30 TBC**BI <u>8:30 Gravity-BI</u> 8:45 Step-MT 9:45 TBC-BI 9:15 Cycle-AS 4:30 Musde-JP 5:00 Cycle -HH 5:30 Abs & Buns* 6:00 TBC-JM 6:00 Cycle-JL <u>7:00 Gravity** NM</u> 7:00 Zumba -SP 8:00 Muscle steel & flex-NM	23 8:45 Cycle**MT 8:30 TBC-MS 9:30 Zumba -MS 10:30 Katacize**NM 11:15 Musde**NM <u>10:30 HOT MOMMY BOOTCAMP</u> 6:00 Cycle-KS 5:15 PILOXING-AS 6:15 TBC-SS 7:15 Zumba Mix**BG <u>6:15 Gravity** NM</u> <u>7:30 BOOTCAMP</u>	24 5:15 Cycle-JD 8:30 TBC-MS 9:30 Cycle-JL 9:30 Zumba-MS 4:45 Cycle**AS 5:30 Musde-SS	25 8:15 On the Ball-SS <u>8:30 Gravity Strength**NM</u> 9:15 Zumba-TA 10:30 Zumba-TA 9:00 Cycle-KS
26 09:00 Cycle-JL	27 5:15 Cycle-KS 5:30 TBC**BI 8:45 Step & Sculpt-MT 8:45 Cycle-AS 9:45 TBC-JC 9:45 Cycle**MT 5:00 Cycle -EG 5:30 Abs & Buns*-JM 6:00 TBC-JM <u>6:15pm Gravity**BI</u> 6:00 Cycle-JL 7:00 Zumba-TA 8:00 Muscle steel & flex-NM	28 8:30 TBC-MS 9:30 Zumba-MS 10:30 Katacize**NM 11:15 Musde**NM <u>10:30 HOT MOMMY BOOTCAMP</u> 4:30 On the ball-JP 5:30 Kick box**JM 6:15 TBC**KS 6:00 Cycle-JD 7:00 Zumba Mix-BG <u>7:30 BOOTCAMP</u>	29 5:15 Cycle-JD 5:30 TBC**BI <u>8:30 Gravity-BI</u> 8:45 Step-MT 9:45 TBC-BI 9:15 Cycle-AS 4:30 Musde-JP 5:00 Cycle -KS 5:30 Abs & Buns* 6:00 TBC-JM 6:00 Cycle-JL <u>7:00 Gravity** NM</u> 7:00 Zumba -SP 8:00 Muscle steel & flex-NM	PILOXING THURSDAYS STARTING AT 5:15PM—55MIN CLASS	Schedule subject To change without Notice <u>UNDERLINED CLASSES ARE FEE BASED</u>	All classes are 55min unless indicated by a Symbol Key : **45 Minutes # Basketball Court

Class	Level	Description
PAID PROGRAMS		
SEE FRONT DESK FOR START DATES		
TRX CAMP	All	Train with TRX suspension bands, mixed with Crossfit /Sports training interval drills
		GROUP of 6 MAX
\$99 Members		MONDAYS & WEDNESDAY 6:45PM 7:30PM
\$119 Non-Members		TUESDAYS & THURSDAYS 5:30AM - 6:15AM
BOOTCAMP	ALL	Cross training workout incorporating cardiovascular and strength training..Expect to be pushed
\$60 Members		out of your comfort zone!!
\$85 Non Members		TUESDAYS & THURSDAYS 7:30PM - 8:30PM
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 & Sculpt	Intermediate	Intermediate step combinations with intervals of strength segments.
CARDIO CLASSES		
Cardio Kickbox	Intermediate	A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills.
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		
Katacize	All Levels	This class uses old self-defence techniques known as katas. Provides several benefits - tones the body, increases strength, endurance and stamina, develops flexibility and balance, promotes self-confidence and creates a sense of well-being
Zumba	All Levels	Dance your way to a fitter you. Exciting and unique Latin moves and rhythms in an easy to follow format.
STRENGTH TRAINING CLASSES		
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 at the front desk prior to class.		
Cycle 101	Beginner	Learn proper bike set up and the basic fundamentals of cycling. 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		
Fit Kids	Ages 3-5	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.