




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
FEBRUARY 2012
Mind & Body 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
Fee based classes are <u>underlined</u>	INSTRUCTOR KEY : BI-Becky DS-Donna JM-Jamie JC-Jennifer JJ-Jerry KR-Kari KS-Kathleen	LM-Lee MC-Monica NM-Nat SR-Susan TA-Therese	PLEASE SEE CLASS DESCRIPTIONS ON PAGE 2	All classes are 55min unless indicated by a Symbol Key : **45 Minutes # Basketball Court	ALL GRAVITY CLASSES ARE IN THE STRETCH AREA	
			1 AM <u>8:30 Gravity**-BI</u> 8:45 Candlelight Yoga-KS 9:45 Kataflex-NM PM 6:00 Yoga-DS 7:00 Candlelight Yoga-DS <u>7:00 Gravity**-NM</u>	2 AM 5:45 Mat Pilates-KR 8:30 Pilates-BI 9:30 Yoga 101-DS PM 5:00 Yoga 101-JJ 6:00 Mat Pilates-JJ <u>6:15 Gravity**-NM</u> <u>7:00 Martial Arts -LM</u>	3 AM 8:45 Restorative Yoga-KS 10:00 Vinyasa Yoga-KS	4 AM <u>8:30GRAVITY STRENGTH**-NM</u> 9:00 -Yoga-DS 10:00 Power Yoga-DS
5 AM 8:00 Kataflex-NM 9:00 Pilates-BI 10:00 Restorative Yoga-BI	6 AM 8:45 Restorative Yoga-KS 9:45 Power Yoga-DS PM 5:30Yoga 101-DS <u>6:15pm Gravity**-BI</u> 6:30 Kataflex-NM	7 AM 5:45 Mat Pilates-KR 9:00 Pilates-KS 10:00 Yoga Flow-MC PM 5:00 Candlelight Yoga-JJ 6:00 Mat Pilates-KR <u>7:00 Martial Arts -LM</u>	8 AM <u>8:30 Gravity**-BI</u> 8:45 Candlelight Yoga-KS 9:45 Kataflex-NM PM 6:00 Yoga-DS 7:00 Candlelight Yoga-DS <u>7:00 Gravity**-NM</u>	9 AM 5:45 Mat Pilates-KR 8:30 Pilates-BI 9:30 Yoga 101-DS PM 5:00 Yoga 101-JJ 6:00 Mat Pilates-JJ <u>6:15 Gravity**-NM</u> <u>7:00 Martial Arts -LM</u>	10 AM 8:45 Restorative Yoga-KS 10:00 Vinyasa Yoga-MC	11 AM <u>8:30GRAVITY STRENGTH**-NM</u> 9:00 -Yoga-SR 10:00 Kataflex-NM
12 AM 8:00 Kataflex-NM 9:00 Pilates-BI 10:00 Restorative Yoga-BI	13 AM 8:45 Restorative Yoga-KS 9:45 Power Yoga-DS PM 5:30Yoga 101-DS <u>6:15pm Gravity**-BI</u> 6:30 Kataflex-NM	14 AM  5:45 Mat Pilates-KR 9:00 Pilates-KS 10:00 Yoga Flow-MC PM 5:00 Candlelight Yoga-JJ 6:00 Mat Pilates-KR <u>7:00 Martial Arts -LM</u>	15 AM <u>8:30 Gravity**-BI</u> 8:45 Candlelight Yoga-KS 9:45 Kataflex-NM PM 6:00 Yoga-DS 7:00 Candlelight Yoga-DS <u>7:00 Gravity**-NM</u>	16 AM 5:45 Mat Pilates-KR 8:30 Pilates-BI 9:30 Yoga 101-DS PM 5:00 Yoga 101-MC 6:00 Mat Pilates-MC <u>6:15 Gravity**-NM</u> <u>7:00 Martial Arts -LM</u>	17 AM 8:45 Restorative Yoga-MC 10:00 Vinyasa Yoga-MC	18 AM <u>8:30GRAVITY STRENGTH**-NM</u> 9:00 -Yoga-DS 10:00 Power Yoga-DS
19 AM 8:00 Kataflex- NM 9:00 Pilates-BI 10:00 Restorative Yoga-BI	20 AM 8:45 Restorative Yoga-DS 9:45 Power Yoga-DS PM 5:30Yoga 101-DS <u>6:15pm Gravity**-BI</u> 6:30 Kataflex-NM	21 AM 5:45 Mat Pilates-KR 9:00 Pilates-KS 10:00 Yoga Flow-MC PM 5:00 Candlelight Yoga-JJ 6:00 Mat Pilates-KR <u>7:00 Martial Arts -LM</u>	22 AM <u>8:30 Gravity**-BI</u> 8:45 Candlelight Yoga-KS 9:45 Kataflex-NM PM 6:00 Yoga-DS 7:00 Candlelight Yoga-DS <u>7:00 Gravity**-NM</u>	23 AM 5:45 Mat Pilates-KR 8:30 Pilates-BI 9:30 Yoga 101-DS PM 5:00 Yoga 101-JJ 6:00 Mat Pilates-JJ <u>6:15 Gravity**-NM</u> <u>7:00 Martial Arts -LM</u>	24 AM 8:45 Restorative Yoga-KS 10:00 Vinyasa Yoga-MC	25 AM <u>8:30GRAVITY STRENGTH**-NM</u> 9:00 -Yoga-SR 10:00 Kataflex-NM
26 AM 8:00 Kataflex- NM 9:00 Pilates-BI 10:00 Restorative Yoga-BI	27 AM 8:45 Restorative Yoga-KS 9:45 Power Yoga-DS PM 5:30Yoga 101-DS <u>6:15pm Gravity**-BI</u> 6:30 Kataflex-NM	28 AM 5:45 Mat Pilates-KR 9:00 Pilates-KS 10:00 Yoga Flow-MC PM 5:00 Candlelight Yoga-JJ 6:00 Mat Pilates-KR <u>7:00 Martial Arts -LM</u>	29 AM <u>8:30 Gravity**-BI</u> 8:45 Candlelight Yoga-KS 9:45 Kataflex-NM PM 6:00 Yoga-DS 7:00 Candlelight Yoga-DS			

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.
Gentle Yoga	All Levels	A combination of breathing, flexibility, strength, and balance while flowing at a slow pace.
Power Yoga	Intermediate	Take your practice to the next level by incorporating strength, balance and flexibility while improving body awareness.
Fitness Yoga	Advanced	This non-traditional yoga class focuses on strength, fluid connection of poses, balance and flexibility. Loud upbeat music, pushups, and intense postures are used to enhance your mind/body experience.
Candlelight Yoga	All Levels	A relaxing candle-lit atmosphere to provide a calming, yet challenging practice.
Core conditioning	All Levels	Strengthens the muscles of the abdominal and torso by incorporating a variety of abdominal, strength, and balance exercises. It tones and conditions the abs, and helps the body to move properly both in exercise and everyday movement.
Yogalates	All Levels	Experience the benefits of yoga and Pilates fused into one class.
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.
Kataflex	All Levels	Utilizes centuries old martial arts fighting stances and breathing techniques. The instructor has modified this
		Yoga/Pilates like workout that consists of a variety of animal like poses to sculpture the entire body.

KIDS CLASSES

Fit Kids	Ages 3-5	Age-appropriate games and drills to foster a love of movement and exercise. Parental waiver required.
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