



**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 Mind & Body Schedule

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



	Mon	Tues	Wed	Thurs	Fri	Sat
	<b>INSTRUCTOR KEY</b> BI-Becky DS-Donna JM-Jamie JC-Jennifer JJ-Jerry KR-Kari KS-Kathleen LM-Lee MC-Monica	NT-Niki NM-Nat SR-Susan TA-Therese	<u><b>ALL GRAVITY CLASSES ARE IN THE STRETCH AREA</b></u>	All classes are 55min unless indicated by a Symbol Key :  **45 Minutes  # Basketball Court	Fee based classes are <u>underlined</u>	
			<b>1 AM</b> 8:15 Gravity** -BI 8:45 Candlelight Yoga-KS 9:45 Pilates-KS  <b>PM</b> 5:30 Yoga-DS 6:30 Pilates-DS 7:30 Candlelight Yoga-DS  <u>7:00 Gravity** -NM</u>	<b>2 AM</b> 5:45 Mat Pilates-KR 8:30 Yoga 101-DS 9:30 Pilates-BI  <b>PM</b> 5:00 Yoga 101-MC 6:00 Yogalates-MC <u>6:15 Gravity** -NM</u>  <u>7:00 Martial Arts -LM</u>	<b>3 AM</b> 8:45 Yogalates-KS  10:00 Vinyasa Yoga-MC	<b>4</b> <u>8:30 GRAVITY STRENGTH** -NM</u>  9:00 -YOGA—DS
<b>5 AM</b>  8:00 Kataflex-NM  9:00 Pilates-BI  10:00 Restorative Yoga-BI	<b>6</b> <b>PUBLIC HOLIDAY CLUB HOURS : 6AM -2PM</b>  <b>AM</b> 8:45 Candlelight Yoga-MC 9:45 Power Yoga-DS	<b>7 AM</b> 5:45 Mat Pilates-KR  9:30 Pilates-MC 10:30 Yoga Flow-MC  <b>PM</b> 5:00 Candlelight Yoga-BI 6:00 Mat Pilates-KR <u>7:00 Martial Arts -LM</u>	<b>8 AM</b> 8:15 Gravity** -BI 8:45 Candlelight Yoga-MC 9:45 Pilates-  <b>PM</b> 5:30 Yoga-DS 6:30 Pilates-DS 7:30 Candlelight Yoga-DS  <u>7:00 Gravity** -NM</u>	<b>9 AM</b> 5:45 Mat Pilates-KR 8:30 Yoga 101-DS 9:30 Pilates-BI  <b>PM</b> 5:00 Yoga 101-MC 6:00 Yogalates-MC <u>6:15 Gravity** -NM</u>  <u>7:00 Martial Arts -LM</u>	<b>10 AM</b>  8:45 Yogalates-MC  10:00 Vinyasa Yoga-MC	<b>11 AM</b> <u>8:30 GRAVITY STRENGTH** -NM</u>  9:00 -YOGA -SR  <b>CHAKRA WORKSHOP-DS</b> <b>10AM—12PM</b> <b>SIGN UP AT FRONT DESK FREE TO MEMBERS</b>
<b>12 AM</b>  8:00 Kataflex-NM  9:00 Pilates-BI  10:00 Restorative Yoga-BI	<b>13 AM</b> <u>8:00 Gravity ** -NM</u>  8:45 Candlelight Yoga-KS 9:45 Power Yoga-DS  <b>PM</b> 5:30Yoga 101-DS <u>6:00 Gravity** - BI</u> 6:30 Kataflex-NM	<b>14 AM</b> 5:45 Mat Pilates-KR  9:30 Pilates-KS 10:30 Yoga Flow-MC  <b>PM</b> 5:00 Candlelight Yoga-BI 6:00 Mat Pilates-KR <u>7:00 Martial Arts -LM</u>	<b>15 AM</b> 8:15 Gravity** -BI 8:45 Candlelight Yoga-KS 9:45 Pilates-KS  <b>PM</b> 5:30 Yoga-DS 6:30 Pilates-DS 7:30 Candlelight Yoga-DS  <u>7:00 Gravity** -NM</u>	<b>16 AM</b> 5:45 Mat Pilates-KR 8:30 Yoga 101-DS 9:30 Pilates-BI  <b>PM</b> 5:00 Yoga 101-JC 6:00 Yogalates-JC <u>6:15 Gravity** -NM</u>  <u>7:00 Martial Arts -LM</u>	<b>17 AM</b>  8:45 Yogalates-KS  10:00 Vinyasa Yoga-JC	<b>18 AM</b> <u>8:30 GRAVITY STRENGTH** -NM</u>  9:00 -YOGA—KS  10:15 FAMILY YOGA (30MIN) 11:00 FAMILY YOGA (30MIN)
<b>19 AM</b>  8:00 Kataflex- NM  9:00 Pilates-BI  10:00 Restorative Yoga-BI	<b>20 AM</b> <u>8:00 Gravity ** -NM</u>  8:45 Candlelight Yoga-KS 9:45 Power Yoga-DS  <b>PM</b> 5:30Yoga 101-DS <u>6:00 Gravity** - BI</u> 6:30 Kataflex-NM	<b>21 AM</b> 5:45 Mat Pilates-KR  9:30 Pilates-KS 10:30 Yoga Flow-MC  <b>PM</b> 5:00 Candlelight Yoga-BI 6:00 Mat Pilates-BI <u>7:00 Martial Arts -LM</u>	<b>22 AM</b> 8:15 Gravity** -BI 8:45 Candlelight Yoga-KS 9:45 Pilates-KS  <b>PM</b> 5:30 Yoga-DS 6:30 Pilates-DS 7:30 Candlelight Yoga-DS  <u>7:00 Gravity** -NM</u>	<b>23 AM</b> 5:45 Mat Pilates-KR 8:30 Yoga 101-DS 9:30 Pilates-BI  <b>PM</b> 5:00 Yoga 101-MC 6:00 Yogalates-MC <u>6:15 Gravity** -NM</u>  <u>7:00 Martial Arts -LM</u>	<b>24 AM</b>  8:45 Yogalates-KS  10:00 Vinyasa Yoga-MC	<b>25 AM</b>  <u>8:30 GRAVITY STRENGTH** -NM</u>  9:00 -YOGA -SR
<b>26 AM</b>  8:00 Kataflex- NM  9:00 Pilates-TA  10:00 Restorative Yoga-TA	<b>27 AM</b> <u>8:00 Gravity ** -NM</u>  8:45 Candlelight Yoga-KS 9:45 Power Yoga-DS  <b>PM</b> 5:30Yoga 101-DS <u>6:00 Gravity** - BI</u> 6:30 Kataflex-NM	<b>28 AM</b> 5:45 Mat Pilates-KR 9:30 Pilates-KS 10:30 Yoga Flow-MC  <b>PM</b> 5:00 Candlelight Yoga-BI 6:00 Mat Pilates-KR <u>7:00 Martial Arts -LM</u>	<b>29 AM</b> 8:15 Gravity** -BI 8:45 Candlelight Yoga-KS 9:45 Pilates-KS  <b>PM</b> 5:30 Yoga-DS 6:30 Pilates-DS 7:30 Candlelight Yoga-DS	<b>30 AM</b> 5:45 Mat Pilates-KR 8:30 Yoga 101-DS 9:30 Pilates-BI  <b>PM</b> 5:00 Yoga 101-MC 6:00 Yogalates-MC <u>6:15 Gravity** -NM</u>		