



Club Hours
 M-Th 4:30A - 11:00P
 Friday 4:30A - 9:00P
 Sat & Sun 6:00A - 9:00P
 (303) 643-5699

Mountainside Fitness Westminster

SEPTEMBER 2010

Group Fitness/Cycle Schedule

Childcare Hours
 M-F 8:00A - 8:30P
 Sat 8:00A - 6:00P
 Sun 8:00A - 3:00P



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>NEW CLASSES:</p> <p>Mon 10:45 am 20/20/20 with Becky</p> <p>Mon 5:35 pm 20/20/20 with Becky Come check it out!</p> <p>New Program-Losing It with Tracy</p>	<p>Instructor Key AK-Alisa AR-Angel BH-Becky CK-Christy EB-Erin JAS-Jasmine JD-Jen JG-Judy KD-Kristin KK-Kimm K LB-Leah LR-Laura</p>	<p>MH-Melanie NH-Natalie PB-Paula TK-Tricia TS-Tracy SB-Stacia SC-Sue SG-Scott SJ-Stacy VB-Victoria</p> <p>New classes highlighted in red.</p>	<p>1 5:30 Athl Cond-PB 9:00 Cycle-LR 9:00 Zumba-BH 10:05 TBC-BH 11:05 On the Ball*-BH</p> <p>4:00 Abs to Core -*BH 4:30 Circuit Train-BH 5:30 Cycle/Sculpt-EB 5:35 Zumba- BH 6:35 Abs to Core**-AK 7:00 Muscle Cond.-AK</p>	<p>2 5:30 Cycle-KK 8:15 Muscle-KD 9:15 Cardio Intervals-KD 9:15 Cycle-SG</p> <p>12:15 Cycle **-AR</p> <p>4:30 TBC-EB 5:30 Cycle-MH 5:35 Cardio Kick Box-EB <u>6:35 Losing It w/Tracy</u></p>	<p>3 8:30 Cycle to Core-CK 9:15 Cardio Kick Box-SB 10:45 TBC-BH 11:45 On the Ball**-BH</p> <p>4:00 Abs & Buns**-BH 4:30 Power Pump-BH <u>5:35 Zumba Dance Party-BH</u></p>	<p>4 8:30 Step-SC <u>8:30 Cycle-JD/SJ</u> 9:35 TBC-EB 10:35 Kick Box-SB</p>
<p>5 8:30 Cycle-JG 8:45 Abs and Buns*-EB 9:00 Athletic Cond. EB</p> <p>1:00-3:00 Open cycle with movie</p>	<p>Labor Day</p> <p>No Classes</p> <p>Gym is Open 6 am-2 pm</p>	<p>7 5:30 TBC-MR 8:15 TBC-AR 9:15 Cycle-KK 9:15 Muscle-LB</p> <p>12:15 Zumba-BH 12:15 Cycle**-LB</p> <p><u>4:15 TBC-BH</u> 5:30 Cycle-MH 5:35 Cardio Kick Box-SJ <u>6:35 Losing It w/Tracy</u></p>	<p>8 5:30 Athl Cond-PB 9:00 Cycle-LR 9:00 Zumba-BH 10:05 TBC-BH 11:05 On the Ball*-BH</p> <p>4:00 Abs to Core **BH 4:30 Circuit Train-BH 5:30 Cycle/Sculpt-EB 5:35 Zumba- BH 6:35 Abs to Core**-AK 7:00 Muscle Cond.-AK</p>	<p>9 5:30 Cycle-KK 8:15 Muscle-KD 9:15 Cardio Intervals-KD <u>9:15 Cycle/Athletic Interval-BH</u></p> <p>12:15 Cycle **-AR</p> <p>4:30 TBC-EB 5:30 Cycle-MH 5:35 Cardio Kick Box-EB <u>6:35 Losing It w/Tracy</u></p>	<p>10 8:30 Cycle to Core-CK 9:15 Cardio Kick Box-SB 10:45 TBC-BH 11:45 On the Ball**-BH</p> <p>4:00 Abs & Buns**-BH 4:30 Power Pump-BH <u>5:35 Zumba Dance Party-BH</u></p>	<p>11 8:30 Step-SC <u>8:30 Cycle-JD/SJ</u> 9:35 TBC-EB 10:35 Kick Box-SB</p>
<p>12 8:30 Cycle-JG 8:45 Abs and Buns*-EB 9:00 Athletic Cond. EB</p> <p>1:00-3:00 Open cycle with movie</p>	<p>13 5:30 Cycle-KK 9:00 Cardio Circuit-BH 10:00 Abs to Core- BH <u>10:45 20/20- BH</u> <u>11:45 On the Ball*-BH</u> 12:00 Cyclates-VB</p> <p>4:30 Power Pump-TK 5:15 Cycle-CK <u>5:35 20/20-20-BH</u> 6:20 Intro to cycle*** CK 6:35 TBC-SC</p>	<p>14 5:30 TBC-MR 8:15 TBC-AR 9:15 Cycle-KK 9:15 Muscle-LB</p> <p>12:15 Zumba-BH 12:15 Cycle**-LB</p> <p><u>4:15 TBC-BH</u> 5:30 Cycle-MH 5:35 Cardio Kick Box-SJ <u>6:35 Losing It w/Tracy</u></p>	<p>15 5:30 Athl Cond-PB 9:00 Cycle-LR 9:00 Zumba-BH 10:05 TBC-BH 11:05 On the Ball*-BH</p> <p>4:00 Abs to Core**BH 4:30 Circuit Train-BH 5:30 Cycle/Sculpt-EB 5:35 Zumba-BH 6:35 Abs to Core**-AK 7:00 Muscle Cond.-AK</p>	<p>16 5:30 Cycle-KK 8:15 Muscle-KD 9:15 Cardio Intervals-KD <u>9:15 Cycle/Athletic Interval-BH</u></p> <p>12:15 Cycle **-AR</p> <p>4:30 TBC-EB 5:30 Cycle-MH 5:35 Cardio Kick Box-EB <u>6:35 Losing It w/Tracy</u></p>	<p>17 8:30 Cycle to Core-CK 9:15 Cardio Kick Box-SB 10:45 TBC-BH 11:45 On the Ball**-BH</p> <p>4 :00 Abs & Buns**-BH 4:30 Power Pump-BH <u>5:35 Zumba Dance Party-BH</u></p>	<p>18 8:30 Step-SC <u>8:30 Cycle-JD/SJ</u> 9:35 TBC-EB 10:35 Kick Box-SB</p>
<p>19 8:30 Cycle-JG 8:45 Abs and Buns*-EB 9:00 Athletic Cond.-EB</p> <p>1:00-3:00 Open cycle with movie</p>	<p>20 5:30 Cycle-KK 9:00 Cardio Circuit-BH 10:00 Abs to Core- BH <u>10:45 20/20- BH</u> <u>11:45 On the Ball*-BH</u> 12:00 Cyclates-VB</p> <p>4:30 Power Pump-TK 5:15 Cycle-CK <u>5:35 20/20-20-BH</u> 6:20 Intro to cycle*** CK 6:35 TBC-SC</p>	<p>21 5:30 TBC-MR 8:15 TBC-AR 9:15 Cycle-KK 9:15 Muscle-LB</p> <p>12:15 Zumba-BH 12:15 Cycle**-LB</p> <p><u>4:15 TBC-BH</u> 5:30 Cycle-MH 5:35 Cardio Kick Box-SJ <u>6:35 Losing It w/Tracy</u></p>	<p>22 5:30 Athl Cond-PB 9:00 Cycle-LR 9:00 Zumba-BH 10:05 TBC-BH 11:05 On the Ball*-BH</p> <p>4:00 Abs to Core**BH 4:30 Circuit Train-BH 5:30 Cycle/Sculpt-EB 5:35 Zumba-BH 6:35 Abs to Core**-AK 7:00 Muscle Cond.-AK</p>	<p>23 5:30 Cycle-KK 8:15 Muscle-KD 9:15 Cardio Intervals-KD <u>9:15 Cycle/Athletic Interval-BH</u></p> <p>12:15 Cycle **-AR</p> <p>4:30 TBC-EB 5:30 Cycle-MH 5:35 Cardio Kick Box-EB <u>6:35 Losing It w/Tracy</u></p>	<p>24 8:30 Cycle to Core-CK 9:15 Cardio Kick Box-SB 10:45 TBC-BH 11:45 On the Ball**-BH</p> <p>4 :00 Abs & Buns**-BH 4:30 Power Pump-BH <u>5:35 Zumba Dance Party-BH</u> <u>6:45 Happy Hour!</u> <u>Zumba or not...Join us</u></p>	<p>25 8:30 Step-SC <u>8:30 Cycle-JD/SJ</u> 9:35 TBC-EB 10:35 Kick Box-SB</p>
<p>26 8:30 Cycle- JG 8:45 Abs and Buns*-EB 9:00 Athletic Cond.-EB</p> <p>1:00-3:00 Open cycle with movie</p>	<p>27 5:30 Cycle-KK 9:00 Cardio Circuit-BH 10:00 Abs to the Core-BH <u>10:45 20/20- BH</u> <u>11:45 On the Ball*-BH</u> 12:00 Cyclates-VB</p> <p>4:30 Power Pump-TK 5:15 Cycle-CK <u>5:35 20/20-20-BH</u> 6:20 Intro to cycle*** CK 6:35 TBC-SC</p>	<p>28 5:30 TBC-MR 8:15 TBC-AR 9:15 Cycle-KK 9:15 Muscle-LB</p> <p>12:15 Zumba-BH 12:15 Cycle**-LB</p> <p><u>4:15 TBC-BH</u> 5:30 Cycle-MH 5:35 Cardio Kick Box-SJ <u>6:35 Losing It w/Tracy</u></p>	<p>29 5:30 Athl Cond-PB 9:00 Cycle-LR 9:00 Zumba-BH 10:05 TBC-BH 11:05 On the Ball*-BH</p> <p>4:00 Abs to Core**BH 4:30 Circuit Train-BH 5:30 Cycle/Sculpt-EB 5:35 Zumba-BH 6:35 Abs to Core**-AK 7:00 Muscle Cond.-AK</p>	<p>30 5:30 Cycle-KK 8:15 Muscle-KD 9:15 Cardio Intervals-KD <u>9:15 Cycle/Athletic Interval-BH</u></p> <p>12:15 Cycle **-AR</p> <p>4:30 TBC-EB 5:30 Cycle-MH 5:35 Cardio Kick Box-EB <u>6:35 Losing It w/Tracy</u></p>	<p>Schedule subject to change without notice *15 minutes **30 minutes ***45 minutes</p> <p><u>Underlined-Fee required</u></p>	

Class Schedules may be Found online at:
WWW.MOUNTAINSIDEFITNESS.COM

Phone: 303-643-5699

2861 West 120th Ave. Westminster, Co 80234

NE Corner of 120th West and Federal Blvd., Country Club Village
 Athletic Director: Becky Hamm: beckyh@mountainsidefitness.com
 (Course Descriptions Below)



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CLASS	LEVEL	DURATION	DESCRIPTION
STEP CLASSES			
Step	Intermediate	60 min	Intermediate step combinations for a great cardio workout
Step and Sculpt	All Levels	60 min.	Choreographed Step Drills combining strength exercises using various resistance tools.
CARDIO CLASSES			
Athletic Cond.	Intermediate	60 min.	Sports specific drills, ply metrics and resistance training designed to improve power, strength and endurance
Cardio Kick box	Intermediate	60 min.	A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills.
Cardio Bosu	Intermediate	60 min.	Using easy to follow step combinations and athletic drills this class will require you to engage muscles you didn't know you had.
Circuit Training	All Levels	60 min.	a combination of cardio and strengthening moves with either weights, bands or balls for the ultimate fat burning workout.
TBC	Intermediate	60 min.	Total body conditioning is a minimal choreography, maximal results class. Improve cardiovascular and muscular endurance in this fun yet challenging class
SPECIALTY CLASSES			
Cardio Hip Hop	All Levels	60 min.	A fun, energetic dance class that teaches the basic hip hop moves and turns them into a new dance each class.
Kick & Sculpt	All Levels	60 min.	High energy kickboxing drills with intervals of strength.
Zumba	All Levels	45 min 60 min	Dance your way to a fitter you. Exciting and unique Latin moves and rhythms in an easy to follow format.
Abs & Buns	All Levels	30 min.	Strength training using various resistance tools targeting your abdominal region and gluts.
Abs to the Core	All Levels	30/15 min.	Non-stop abdominal work.
Muscle	All Levels	60 min.	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	30 min./ 15 min.	Improve balance and core strength using the stability ball, bosu and medicine ball.
Power Pump	All Levels	60 min.	Build muscular endurance and increase strength using body bars, weights and a variety of resistance tools.
Body sculpt	All Levels	60 min.	spend an hour toning and conditioning upper and lower body muscles utilizing assorted resistance tools.
F.I.T. Functional Interval Training	All Levels	60 min.	Intense intervals of functional movements, cardio exercises and strength exercises for the perfect all over workout.
20/20/20	All Levels	60 min.	This class consists of 20 minutes of cardiovascular exercise, followed by 20 minutes of strength training, and finishing up with 20 minutes of abdominal work and stretching. This is a great combination class!
CYCLE CLASSES			
Cycle/Sculpt	All Levels	60 min.	A combo of high energy cycle and weight training, including abdominal work.
Imax	All Levels	60 min.	Come enjoy a cycle class using energetic videos to help guide you
Intro to cycle	Beg.	60 min.	If you are new to cycle this is the perfect class for you!
Cycle/Athl Interval	Intermediate	60 min.	In this class you will work intervals, alternating work on the bike with exercises off the bike to focus on high heart rate, upper and lower body strengthening, and high caloric burn!

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