



**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

### Mind/Body 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><b>NEW CLASSES:</b>  <b>Extreme Gravity Strength Class!</b>  <b>Check days and times</b>  <b>Sign up at the front desk</b></p>	<p><b>Instructor Key:</b>            AM-Amy            AM2-Alice            AW-Alisha            CK-Casey            CA-Candis            KS-Karl            KV-Kendra</p>	<p>LD-Lauren            LN-Libby            LW-Lane            TG-Trudi            VB-Victoria</p>	<p>1            9:15 Yoga/Sculpt-KS              12:15 Core and Calm-BH              5:30 Yoga for Athletes-KV</p>	<p>2            8:30 Mat Pilates-LW            9:45 Power Yoga-KV              5:00 Power Yoga -LN            6:15 Candlelight Yoga-LN</p>	<p>3            8:30 Yoga-KS            9:45 Mat Pilates-VB</p>	<p>4            9:15 Yoga-AM2</p>
5	<p><b>Labor Day</b>    <b>No Classes</b>    <b>Gym is Open 6 am-2 pm</b></p>	<p>7            8:15 Mat Pilates-CK            9:30 PiYo-AM            10:35 Balletone-AM              5:00 Core Yoga-LN            6:15 Candlelight Yoga-LN            7:30 Mat Pilates-LW</p>	<p>8            9:15 Yoga/Sculpt-KS              12:15 Core and Calm-BH              5:30 Yoga for Athletes-KV</p>	<p>9            8:30 Mat Pilates-LW            9:45 Power Yoga-KV              5:00 Power Yoga -LN            6:15 Candlelight Yoga-LN</p>	<p>10            8:30 Yoga-KS            9:45 Mat Pilates-VB</p>	<p>11            9:15 Yoga-AM2</p>
<p>12            10:00 Beginning Yoga-CA              11:00** Family Yoga-CA</p>	<p>13  <u>8:15 Core and More Gravity Pilates-CK</u>            10:00 Power Yoga-KV              12:00 Cyclates-VB    <u>4:15 Extreme Gravity Strength-BH</u>            5:30 Mat Pilates-LW            6:45 Core Yoga-LN</p>	<p>14            8:15 Mat Pilates-CK            9:30 PiYo-AM            10:35 Balletone-AM              5:00 Core Yoga-LN            6:15 Candlelight Yoga-LN            7:30 Mat Pilates-LW</p>	<p>15            9:15 Yoga/Sculpt-KS              12:15 Core and Calm-BH              5:30 Yoga for Athletes-KV</p>	<p>16            8:30 Mat Pilates-LW            9:45 Power Yoga-KV    <u>12:15 Extreme Gravity Strength-BH</u>              5:00 Power Yoga -LN            6:15 Candlelight Yoga-LN</p>	<p>17            8:30 Yoga-KS            9:45 Mat Pilates-VB</p>	<p>18            9:15 Yoga-AM2</p>
<p>19            10:00 Beginning Yoga-CA              11:00** Family Yoga-CA</p>	<p>20  <u>8:15 Core and More Gravity Pilates-CK</u>            10:00 Power Yoga-KV              12:00 Cyclates-VB    <u>4:15 Extreme Gravity Strength-BH</u>            5:30 Mat Pilates-LW            6:45 Core Yoga-LN</p>	<p>21            8:15 Mat Pilates-CK            9:30 PiYo-AM            10:35 Balletone-AM              5:00 Core Yoga-LN            6:15 Candlelight Yoga-LN            7:30 Mat Pilates-LW</p>	<p>22            9:15 Yoga/Sculpt-KS              12:15 Core and Calm-BH              5:30 Yoga for Athletes-KV</p>	<p>23            8:30 Mat Pilates-LW            9:45 Power Yoga-KV    <u>12:15 Extreme Gravity Strength-BH</u>              5:00 Power Yoga -LN            6:15 Candlelight Yoga-LN</p>	<p>24            8:30 Yoga-KS            9:45 Mat Pilates-VB</p>	<p>25            9:15 Yoga-AM2</p>
<p>26            10:00 Beginning Yoga-CA              11:00** Family Yoga-CA</p>	<p>27  <u>8:15 Core and More Gravity Pilates-CK</u>            10:00 Power Yoga-KV              12:00 Cyclates-VB    <u>4:15 Extreme Gravity Strength-BH</u>            5:30 Mat Pilates-LW            6:45 Core Yoga-LN</p>	<p>28            8:15 Mat Pilates-CK            9:30 PiYo-AM            10:35 Balletone-AM              5:00 Core Yoga-LN            6:15 Candlelight Yoga-LN            7:30 Mat Pilates-LW</p>	<p>29            9:15 Yoga/Sculpt-KS              12:15 Core and Calm-BH              5:30 Yoga for Athletes-KV</p>	<p>30            8:30 Mat Pilates-LW            9:45 Power Yoga-KV    <u>12:15 Extreme Gravity Strength-BH</u>              5:00 Power Yoga -LN            6:15 Candlelight Yoga-LN</p>	<p><b>Schedule subject to change without notice</b>              * 30 minutes            ** 45 minutes    <u>Underlined-Fee Required</u></p>	

Class Schedules may be Found online at:  
[WWW.MOUNTAINSIDEFITNESS.COM](http://WWW.MOUNTAINSIDEFITNESS.COM)  
 Phone: 303-643-5699  
 2861 West 120th Ave. Westminster, Co 80234



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**Mountainside Fitness Westminster**  
**SEPTEMBER 2010**  
**Mind/Body Descriptions**

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



CLASS	LEVEL	DURATION	DESCRIPTION
<b>YOGA CLASSES</b>			
Yoga/Yoga	All Levels	60 min 90 min	A dynamic approach to functional balance, strength and flexibility. Enhance body awareness with this mind/body experience.
Yoga Flow	All Levels	60 min.	Challenge strength, balance and flexibility through fluid connection of poses.
Candlelight Yoga	All Levels	60 min.	A relaxing, but challenging class, with a calm candle lit room.
Beginning yoga	Beg. level	60 min.	For people just starting out with yoga. Learn the terminology and moves to prepare you for other yoga classes.
Family Yoga	Ages 8 up.	60 min.	This is a great way for the whole family to be active together.
Core Yoga	All Levels	60 min.	Come and get a great combination of yoga and abs.
Power Yoga	Intermediate	60 min.	Take your practice to the next level by incorporate strength, balance and flexibility while improving body awareness.
Yoga for Athletes	Intermediate	60 min.	If you are a in good shape and you didn't think you could get a good workout in a yoga class....this is the yoga class for you. Offers challenging and difficult postures.
PiYo	All Levels	60 min.	A combination of Pilates and Yoga moves that will strengthen and lengthen your muscles and increase your body awareness.
<b>PILATES CLASSES</b>			
Mat Pilates	All Levels	60 min.	Increase body awareness and improve your posture with exercises that focus on your abdominals and back, but plan to use your whole body and mind.
Cardio Pilates/Mat	All Levels	60 min.	Come and try this new format and get your cardio done and at the same time utilizing Pilates moves.
<b>SPECIAL-TYCLASSES</b>			
Cyclates	All Levels	75 min.	45 minutes of cycle followed by 45 minutes of Pilates.
Balletone	All Levels	60 min	A fusion style conditioning program designed specifically for the non-dancer, blending training techniques drawn from dance, Pilates, and fitness. Balletone is a fun, invigorating workout to develop core strength, muscular endurance, balance, and flexibility without the use of equipment or props.
Core and Calm	All Levels	60 min	A class focusing on strengthening the core muscles and lengthening the rest of the body. Get your abdominal workout in and spend quality time stretching as well.

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 NE Corner of 120th West and Federal Blvd., Country Club Village  
 Athletic Director Becky Hamm-[beckyh@mountainsidefitness.com](mailto:beckyh@mountainsidefitness.com)