

MOUNTAINSIDE FITNESS | FALL 2016

PEAK

AIM HIGH

WORKOUTS WITH
BREADTH AND DEPTH

BUSTING STEREOTYPES

» Telling a dad's story

SALUTE THE TROOPS

» Honoring our veterans

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FREE**

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CLASSES—AT
NO COST TO
MEMBERS

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“OUR GOAL IS TO CONTINUALLY THINK OF NEW WAYS TO CREATE MORE VALUE FOR YOUR MEMBERSHIP.”



PEAK MAGAZINE

PEAK magazine is published four times a year by Mountainside Fitness.

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For more information, visit mountainsidefitness.com or contact Grace Koval, assistant marketing director, at 480.626.9324 or gracek@mountainsidefitness.com.

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Well, we made it!

Yep, this is the last magazine of 2016 and the end of our 25th year providing the Mountainside Way of Fitness. This year flew by, starting with our 25th anniversary party (with a special appearance by the MSF Blues Brothers—see our YouTube channel); the opening of our Arrowhead club and the renovations of our clubs in Surprise, Peoria, Carefree, Gilbert and Scottsdale (Shea); and culminating with the grand opening of our newest location in Queen

Creek on Oct. 22 from 9 a.m. to 4 p.m.

Next year, we will get going right out of the gate by opening our first Tempe location, on Tempe Town Lake (in the Marina Heights—State Farm Complex). It will be a unique location overlooking the lake—watch for Mountainside Fitness events there in the months to come.

2017 will also be the year of more equipment and updated sound systems. With most of the big remodels complete, we are turning our attention in this direction. We have more surprises in store, but I'll let those play out over the course of 2017. Our goal is to continually think of new ways to create more value for your membership.

A special thank you to all the men and women working every day at Mountainside Fitness and for making 2016 a record-breaking year. I'm so lucky, as we have the most incredible team who truly love fitness and our members.

Have a great holiday season, eat well, have fun, stay fit and enjoy the cooler weather!

Thank you!
In good health,

Tom Hatten
CEO/Founder Mountainside Fitness Centers



WHY CHOOSE MOUNTAINSIDE FITNESS PERSONAL TRAINING



**BLACK
FRIDAY
SPECIAL**
Coming:
November
24th-27th

ACCOUNTABILITY

Trainers provide necessary accountability and motivation to maximize results.

SET-A-PACE

Our trainers are certified to find our members' optimal fat burning zone for an efficient training session.

TURN WEAKNESSES INTO STRENGTHS

Trainers have the opportunity to see where your weaknesses and strengths are and develop a program specific to your needs.

NEW PAYMENT OPTIONS & IMPROVED PRICING

Pay-as-you-go pricing and Monthly Plans available in 30 and 60 minute sessions.



PERSONAL TRAINING

Please see a Fitness Manager or Member Services Representative to get started today!



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(YOU SAID IT!)

“REALLY GLAD I JOINED MOUNTAINSIDE IN ADDITION TO FIT REPUBLIC. THE SELECTION OF CARDIO MACHINES, CIRCUIT MACHINES AND FREE WEIGHTS IS PERFECT, EVEN DURING THE MOST CROWDED TIMES OF THE DAY.” —KERRY J., INDIAN BEND SCOTTSDALE MEMBER



» SMART WORKOUT WEAR

Did you get a good workout? Smart clothing and other wearable tech are providing solid, data-driven answers and giving users specific tips for improving their technique.

Athletic apparel company **Athos** has developed clothing that analyzes muscle effort in real time, guiding wearers to perform the perfect squat, for example, and signaling weight trainers when to add more weight. Smart shirts by **Hexoskin** track your workout intensity, heart rate and heart rate variability, breathing rate and volume, and sleep patterns. Wearable tech company **OMsignal** has also created a smart shirt for men and the OM bra for women, which it calls “the smartest sports bra ever.” OMsignal clothing sends data to an app that helps you advance your training.

Meanwhile, smart socks by **Sensoria** give runners feedback on foot-landing technique, helping them reduce wear and tear on their hips and knees. And **Under Armour’s** UA HealthBox pulls data from various devices—a UA weight scale, a UA wristband, UA running shoes, a UA chest strap—and displays it all on a personal dashboard. The system then advises you on how to make improvements, even coaching you on your next workout based on your diet.

» Sensoria Fitness Socks



▶ TRAIN YOUR BRAIN

» Scores of people are joining the mental fitness trend in hopes of becoming calmer, more focused and perhaps even a bit smarter. In fact, SharpBrains, which tracks neuroscience trends, projects that the brain fitness market will grow by \$6 billion in the next four years.

Seeking a calmer head? Try the **FocusBand**, a headband with three sensors that monitors your brain activity. A corresponding app employs either an avatar or sound to help users track their state of mind and maintain calm and focus through breathing exercises. Another get-calm neurofeedback device, **MeloMind**, developed by the Brain and Spine Institute in Paris, uses a headset and app. With music created jointly by composers and neuroscientists, it teaches the brain to relax.

There are also the **Narbis** glasses, a neurofeedback device that trains your brain to focus, manage stress and sleep well. Sensors on the eyeglasses measure your brain waves, and the lenses darken when your attention drifts and clear when you refocus, helping you develop good mental habits so you can perform at your best.



» BODY-WEIGHT TRAINING

WATER COOLER

» It's not news that staying hydrated while exercising is important, but did you know that the temperature of the water you drink can affect your workout? Studies show that people who drink cold water when they exercise are much more likely to stay hydrated than those who drink warm water. Cold water also helps control your body temperature, allowing you to exercise longer without feeling overheated or exhausted.

That's why it's important to make sure

your water bottle keeps your water cool. Many water bottles today are specially designed to ensure your water stays chilly longer, such as the Hydro Flask water bottle. You can also use a bottle sleeve—some of which include pockets to store your phone and keys—for better temperature insulation.



» This handy approach to resistance training—which uses your own body weight as resistance—is tried and true. It has gained popularity because it builds strength, blasts fat and can be done anywhere, even in a hotel room when you're traveling.

To build core strength, try the side plank. Lie on your right side with your left leg on top of the right. Support your body by placing your right forearm on the ground, with your elbow bent at a 90-degree angle. Then raise your upper body and right hip off the floor and hold for up to 60 seconds.

For a total-body workout, try step-ups. Using a chair, step up with one foot and then the other, and then step back down to the floor with one foot and then the other, and repeat.

Then give your legs a workout with the wall sit or "invisible chair." With your back flat against a wall, bend your knees at a 90-degree angle to assume a sitting position, then hold for up to 60 seconds.

Other body-weight exercises include pushups, squats and abdominal crunches. For best results, perform each exercise for 30 seconds, repeating your entire circuit two to three times.

MAKING CHANGES

» TWO MEMBERS MAKE FITNESS A PRIORITY, ONE STEP AT A TIME



» Trainer Reid Merrill and Mary Carol Jackson

» SHOW OF STRENGTH

A one-time high school swim coach, **MARY CAROL JACKSON**, 64, is used to being active, but a stroke in 2010 caused paralysis of her left side. Although she does physical therapy and has regained some feeling, she has limited control and often relies on a wheelchair. After Jackson slipped and broke her ankle stepping out of the pool last August, she turned to Mountainside Fitness in Peoria for help. "I thought I needed something more intense to get strong," Jackson says. "I am so happy I chose them!"

Every Wednesday, Jackson gets a ride from her retirement home not far from Mountainside and works for an hour with personal trainer Reid Merrill. Her goal when she started at Mountainside in January was to feel comfortable getting in and out of the pool. She and Merrill worked steadily on step-ups, and Jackson returned to the water on July 4. "Mary Carol has the drive of a pro athlete," Merrill says. "It's been a privilege to work with her. It's exciting to see the accomplishments and progress she has made."

The dynamic duo continue to focus on strengthening Jackson's left side. "Mary Carol is the master of the one-arm bench press," Merrill says. Jackson also uses the abdominal machine to improve her core strength, and she says she likes the Da Vinci BodyBoard and working her triceps.

Jackson, whom Merrill says "always has a smile on her face," is a source of inspiration not only for her trainer, but for her fellow Mountainside members as well.

"Everyone is so nice to me; they see how hard I work, and I think I motivate some of them," Jackson says. "If I can help someone, that makes me feel good."



» BECOMING DISCIPLINED

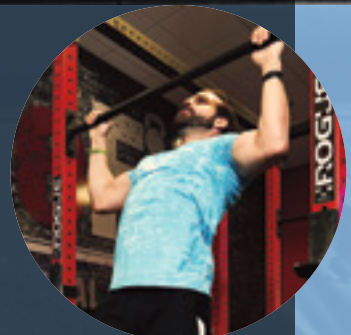
As a young college student, lifelong Scottsdale resident **NICK GIARRUSSO-LAYON** took a trip to Los Angeles with a group of friends. Later, as he looked at himself in his photos, he felt disappointed by how out of shape he was. "I just wasn't treating my body the way I should treat it," he says. "I was in college—bad eating habits, too much beer—I lacked discipline across the board."

Giarrusso-Layon asked his friend from the trip—a regular at Mountainside Fitness—to help him get fit. He started with a weeklong pass to Mountainside Fitness in northeast Scottsdale. "That first day was humbling," he says. "But after a month, it really started to help—not just physically but also mentally."

Giarrusso-Layon plans his own training routines, mostly free-weight strength training mixed with active cardio such as boxing on the speed bag or playing basketball. He credits his success to the welcoming environment he found at Mountainside. "Everybody here is so selfless with their time," he says. "They always come over to ask how they can help and offer advice."

Now, seven years later, Giarrusso-Layon is in the best shape of his life and hopes to someday open his own gym. "I want to give back to my community and peers," he says. "One thing I learned from Mountainside is what a positive place the gym can be. I'd love to work with kids, promoting health and wellness for a children's hospital or cancer treatment center."

» Right: Nick Giarrusso-Layon, before (with Kendall Gaveck) and after.





» PACK A HEALTHY LUNCH FOR SCHOOL

Easy lunch makeover solutions that will please even the pickiest eater

As much as your young student might beg to differ, Capri Sun and Lunchables don't equal a nutritious noontime meal. But how do parents break free of the brown-bag grind and give their children food they'll actually eat?

1. Pack smart. Buy a divided lunch container with an easy-off lid, reusable ice pack and a colorful water bottle to encourage your child to stay hydrated. Toss in a washable napkin to cut down on waste.

2. Get your kids involved. Including children in lunch decisions from the start will help them feel more in control and invested in the end product. Let your little one select fruits or veggies at the grocery store. Consider a reward system if they pick something new.

3. Boost the presentation. Use cookie cutters to make fun shaped sandwiches. Skewer bite-size fruits or cheese on toothpicks for easy eating. Consider a theme, with food to match. (Send a sandwich created with whole-grain pancakes as breakfast for lunch, or make lightsaber fruit kabobs for your young Jedi.)

4. Start with simple changes. Use high-fiber whole-wheat bread instead of white bread, or replace the salami with low-sodium turkey or chicken.

5. Make your own snacks. Try DIY granola bars, trail mix (check your school's nut policy) or yogurt-covered raisins.



Cool It Down

THE BEST WAYS TO TRANSITION YOUR BODY POST-WORKOUT

C

ooling down correctly after a workout is just as important as exercising in the first place, though the ideal method can vary depending on your activity.

After a high-energy run, slow your stride and walk for three to five minutes. Coming to a dead stop after vigorous movement can cause light-headedness and a drop in blood pressure. Make sure to stretch after your spin class or other cardio-heavy activity as well, when your body is even more flexible and likely to benefit from the motions.

Stretching is also key after working out with weights or equipment at the gym. It not only helps with next-day muscle soreness and overall circulation but also slowly lowers your heart rate. For a true cooldown, you might consider jumping into a pool after a sweaty strength-training session. It will feel great, and even treading water or doing a leisurely lap will help ease your pumped muscles.

Light activity is another way to transition your body and can be fun, too. Channel your high school self and do some jumping jacks, or try dancing for a few minutes after an intense workout (though maybe save the serious Beyoncé moves for another time).

» KNOW YOUR SUPPLEMENTS

Buff up your Mountainside smoothie

At the Mountainside cafés, adding supplements to your smoothie can be a great way to improve your fitness. But what supplements are right for you? Here's a quick guide to what's available at the café.

- » **BCAAs** (branched-chain amino acids) may enhance exercise performance by reducing the breakdown of protein and muscle during a workout.
- » **Chromium** may promote muscle growth by converting carbs, fats and proteins into energy.
- » **Creatine** is believed to improve muscle performance and muscle recovery during exercise.
- » **Fiber** can help with weight loss by controlling feelings of hunger.
- » **Glutamine** has been shown to help build and repair muscles, enhancing performance and supporting recovery.
- » **Omega-3 fatty acids** can speed up recovery by reducing inflammation and muscle soreness.
- » **Pyruvate** may support weight loss by breaking down fat.
- » **Shredder 7X**, a thermogenic supplement, is thought to aid weight loss by increasing metabolism.
- » **ZMA** (zinc, magnesium aspartate and vitamin B-6) is shown to improve muscle strength and quality of sleep.





A single father, Jeremy Givens credits his son, Cohen, for being an inspiration in his life.

Busting the Black Dad Stereotype

MOUNTAINSIDE GENERAL MANAGER JEREMY GIVENS IS COMMITTED TO HONORING AND SUPPORTING AFRICAN-AMERICAN FATHERHOOD

In 2011, Jeremy Givens, general manager of Mountainside Fitness' North Phoenix location, was stopped in his tracks by a Drake song.

"I was a student at Arizona State University," says Givens, now 26. "I was hanging out, listening to Drake with my buddies. When I heard his song 'Look What You've Done,' I was deeply hurt. He sings about an absentee dad, and that was not my experience at all. My dad was my hero. So I knew I needed to try to correct the message that African-American men are bad fathers."

These were the lyrics that got to Givens:

*And my father living in Memphis now he can't come this way
Over some minor charges and child support that just wasn't paid
Damn, boo-boo, sad story, black American dad story.*

It's not just Drake's song that gives voice to this stereotype, Givens points out; the idea that black dads equal bad dads permeates our whole culture. "There are great fathers and terrible fathers, and it has nothing to do with race," Givens says. "Pop culture and the media have distorted and magnified the idea that all African-American fathers are deadbeats."

Fast-forward to 2014, when Givens launched the Black American Dad Foundation. Focusing on the enrichment and development of paternal relationships, one father at a time, the foundation offers support, workshops, events and other services to dads in the greater Phoenix community.

One of the foundation's most successful efforts is what Givens calls the Baby Bag Project, in which he and his colleagues distribute onesies, diapers and other items to fathers in need. "Sometimes it's hard for fathers to say they need help," says Givens. "So we sit down with them, hear what they say and figure out how we can help." This includes assisting them with résumés, job searches and networking, as well as inviting them to family-friendly events and fitness-oriented activities like runs and basketball tournaments.



Givens, left, and several other dads organized a basketball tournament fundraiser at Arizona State University.

Promoting a healthy lifestyle is a key part of the foundation's mission. "I've always understood that having an active lifestyle will bring dividends later in life," says Givens, who exercises regularly at Mountainside, where he has worked for the past seven years. "That's why we will continue to sponsor fitness events to help prevent cardiovascular disease in the community while connecting with others about the foundation."

Not only does Givens want to "help make the world a better place" through his foundation, he also has a deeply personal connection to its mission. "I want to show my dad how much he means to me," he says, "and I want to show my son that he is the pride of my life." A single dad, Givens often brings his 2-year-old, Cohen, to Mountainside, where he enjoys all its activities for kids.

"Mountainside is such a friendly place," Givens says, "and I think we have the best value in fitness when it comes to child care." And parents can work out without worry because they can watch their children on viewing monitors located on the cardio equipment and on TVs on the strength-training floor.

As the club's general manager, Givens knows the importance of easing members' concerns about their kids' safety. "I like solving problems," he says. "I love providing a way to say yes to people." It's this positive attitude—which is so evident in his approach to his work, foundation and family—that makes him such a beloved member of the Mountainside community.

"Every day I give myself a word to embody," says Givens. "And I'd have to say that my favorite word is 'opportunity.'"

HONORING OUR

MOUNTAINSIDE THANKS MEMBERS OF
THE MILITARY, PAST AND PRESENT,
FOR THEIR SELFLESS COMMITMENT
TO SERVING OUR COUNTRY

Congratulations to MountainSide's latest Salute to Service award winners! These extraordinary active-duty military members and veterans, who were nominated by friends and family, will receive lifetime gym memberships. MountainSide honors the heroes profiled below as well as all the other honorees.



» Anthony Ameen and his family

EMPOWERING WARRIORS

The 9/11 attacks prompted **Anthony "Doc" Ameen** (U.S. Navy) to serve his country. As a hospital corpsman in Afghanistan with the 2nd Battalion, 7th Marine Regiment of the 1st Marine Division, he provided medical attention to those in combat. During a firefight with the Taliban in 2008, Ameen ran to help an injured fellow Marine and stepped on an improvised explosive device, or IED, losing his lower left leg. He had 32 surgeries and spent three years recovering—yet was inexplicably denied health care and benefits from the government.

This prompted him to launch Wings for Warriors, which has helped nearly 1,500 wounded warriors with health care and disability claims. "We've also helped 300 families of wounded service members nationwide with travel assistance," Ameen says. "We started in Phoenix and now have volunteer campaigns in 28 cities across the U.S. How cool is that?"

OPERATION GIVING BACK

Dale Brown (U.S. Navy, medically retired) served in Panama and Vietnam, where he was a lead radioman in the Inshore Undersea Warfare Group. The night before he was to return home from Vietnam, he was socializing on the patio of the Naval Officers' Club when a rocket hit nearby. "It threw me about 20 feet," he says. He suffered a broken leg and lost an eye and much of his nose in the blast, leading to 16 surgeries in two years, intensive physical therapy and participation in a support group for post-traumatic stress disorder (PTSD).

Still, he's proved unstoppable. Brown raised funds for Operation Freedom Bird, which flies combat vets with PTSD to visit the Memorial Wall in Washington, D.C. He also helped launch a show on Phoenix public access television called *Veterans Today*. As he says, "I hurt and I'm blind, but I'm here, and I count my blessings every day."



» Dale Brown

HEROES



» Joseph Kundrot

TWO DECADES OF SERVICE

Joseph Kundrot (U.S. Air Force) has served in the military for 23 years. Drafted during the Vietnam War, he also served in Desert Storm, loading pallets used to transport air cargo onto C-130 military aircraft, including bodies of his fallen comrades. "This country has so much to give us," he says. "It is an honor to serve. I traveled and I met so many good people."

Kundrot faced a new enemy one year ago, when he was diagnosed with stage 4 cancer. But he participated in a promising clinical study and continues to exercise on a recumbent bike. His wife, who suffers from a bad back, still works out on the treadmill, which helps keep him focused on his own exercise goals.

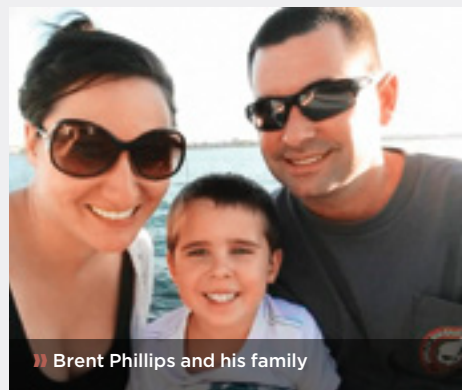
Kundrot hopes working out at Mountainside will give him an additional boost, saying, "There are lots of younger people at the gym, and they have energy, so it inspires you."

GRATEFUL SURVIVOR

Brent Phillips (U.S. Marines) had the honor of providing security with Marine One, the helicopter squadron that transports the U.S. president. But he ultimately asked to leave that position in order to serve on the front lines in either Afghanistan or Iraq. "I didn't want to tell my kids that I was the Marine who was stateside during wartime," he says.

In 2003, when Phillips was stationed in Iraq, four grenades hit his team's Humvee. He was struck in the arm by an AK-47 round and suffered a brain injury and lost one eye. Doctors were unsure if he would survive. Yet he pulled through and was awarded the Purple Heart as well as the Navy and Marine Corps Commendation Medal for combat valor.

"I went into a dark place after my injury," he says. "But the Marines call that day—the day that we should have died but didn't—our Live Day. You learn how precious life is."



» Brent Phillips and his family

KUDOS TO OUR OTHER WINNERS

Mountainside Fitness is proud to recognize the efforts and sacrifices of our veterans. Other Salute to Service award winners include:

- | | |
|---------------------------------------|-------------------------------|
| » NICK AGUILERA (U.S. Army) | » MARK HOBBS (U.S. Marines) |
| » NICHOLAS CZAPINSKI (U.S. Army) | » MARCUS LOWE (U.S. Marines) |
| » DANIEL DIAZ-GONZALEZ (U.S. Marines) | » STEPHEN MARTIN (U.S. Army) |
| » PHILLIP GALLINARO (U.S. Army) | » CHRIS WESSON (U.S. Marines) |

» GROUP FITNESS FOR FREE

Check out Mountainside's many invigorating exercise classes, offered to members free of charge

Working out can be a solitary activity, whether you are cranking leg presses on the gym floor or jogging along a scenic trail. But Mountainside offers a comprehensive selection of group fitness classes to members at no extra cost—that's 74 to 80 different classes available seven days a week at each club location—so you don't have to sweat it solo.

"There's a class for every single person out there," says Shari Kincaid, vice president of group fitness for Mountainside Fitness/Fit Republic. With classes in 15 different formats reflecting varying expertise levels, members can dance, stretch, strengthen their muscles and pump up the cardio, all under the expert guidance of Mountainside instructors. Kincaid recommends that members visit mountainsidefitness.com or use the Mountainside Fitness app to review the class descriptions and times for their club location. Members can then discuss their fitness and experience level with their club's group fitness director or individual instructors to choose the right class.

"It's really important that a new person talk to somebody so we know what he or she is capable of," says Kincaid. Even if a class might seem too intense for a beginner, instructors can modify exercises to fit different capabilities; you just have to let them know ahead of time.

"Group classes are a great way to get motivated," Kincaid says. "You have 40 people doing what you are doing, and you have instructors who are excited to be there and to have you there. They will come by and correct your form for you; they will do squats with you. Everyone in that room starts to pick up on that high energy."



» Members enjoy a free cycle class.

SOME OF THE CLASSES OFFERED AT MOUNTAINSIDE INCLUDE:

Cycle: These all-level classes can be as hard or as easy as the cyclist wants. "It's a great place for the beginner to start with cardio," says Kincaid.

HIIT: Also known as high-intensity interval training, the class features short, intense workout intervals to repeatedly raise and lower your heart rate.

M60: A total body workout with one-minute segments focusing on upper body, lower body and cardio. Mountainside also offers Muscle classes that give members the opportunity to lift weights with instructor guidance.

Raise the Barre: Based on the fundamental moves of ballet, barre provides a full body workout.

Yoga: There are classes for all experience levels, from Restorative Yoga, designed to recharge, heal and balance, to Power Yoga for the advanced yogi. (Think head- and handstands.)

Zumba: Possibly Mountainside's most popular offering, Zumba is a Latin-based dance class featuring high-energy moves from all over the world.



CALLING ALL KIDS

MOUNTAINSIDE FITNESS GOES THE DISTANCE FOR THE ENTIRE FAMILY

PUNCH CARDS ARE A HIT!

Punch cards are offered for sale as a discounted option for our programs, including Kids in Motion classes, Lunch Bunch, and Dinner & a Movie. Each card is \$45 and includes 10 punches. Please see child care for more details!

SPECIAL PROGRAMS

» FIT KIDS (FREE)

Age-appropriate games and drills foster a love of movement and exercise. Parental waiver required. Children must have tennis shoes. Late entries and early dismissals are not accepted. This is a free 30-minute class.

» KIDS IN MOTION (FREE)

Kids in Motion is designed to allow children to do activities in a fitted playground, where they can move freely with stimuli that help each child develop his or her motor performance. Plus, Kids in Motion is FUN—they won't even realize they're exercising! Children must be at least 6 years old.

» PARENTS' NIGHT OUT*

Join us for a great night out every first Friday and third Saturday of the month! These fun-filled evenings include dinner, a craft project, games and a great movie. \$25 for the first child and \$10 per sibling. Punch cards may not be used. Preregistration is required for this program.

Schedule is subject to change without notice and varies per club. Please call your club for specific dates and times. Parents' Night Out is the only program for which you may not redeem punches.

* At participating locations



ASK AN INSTRUCTOR

JAMIE JOHNSON

» OCOTILLO AND GILBERT LOCATIONS

Teaches Zumba classes

“THERE ARE SO MANY INSTRUCTORS WHO ... STARTED TEACHING BECAUSE THEY WERE INSPIRED BY THEIR INSTRUCTOR.”



LET LOOSE AND GET FIT

MOUNTAINSIDE ZUMBA INSTRUCTOR JAMIE JOHNSON SHARES HOW SHE HELPS PEOPLE GET FIT WHILE HAVING FUN

Q: Why is Zumba a great workout?

A: You have a tendency to smile and let go and dance. The No. 1 comment from my students at the end of the 55 minutes is, “I can’t believe that was an hour. That went by so fast.” And you burn anywhere from 700 to 1,000 calories in a class.

Q: How did you get started as a Zumba instructor?

A: In 2009, I took my first class at Gilbert MountainSide Fitness, and I started teaching there in 2015. That was really cool—starting as a student in the back row and evolving. There are so many instructors who used to be students and started teaching because they were inspired by their instructor.

Q: You also teach free community classes. How did that begin?

A: I teach in the community center in my neighborhood. My husband is on the board of directors. It’s small and intimate. I have a group of women who have been with me since the beginning of my teaching career.

Q: Any tips for Zumba newbies?

A: Have fun. Just move your body and feel the music. You may think that everyone’s looking at you, but no one’s looking at you. They’re watching my cues and movements. Try different instructors because everyone teaches differently. Wear the right shoes. The smoother the bottom, the more you can slide. And drink lots of water during class because you could easily get dehydrated.

Q: What kind of music is on your playlist?

A: Top Latin songs and rhythms from all around the world. For my cooldown, I always do a Top 40 song, so participants walk away with a smile on their face.

Q: How do you keep participants motivated in class?

A: I encourage them to get loud, to hoot and holler. In every song, I have points where I’ll reach to my ear and point to the ceiling, and that [signals] them to let out a “Hey!” I’ll also walk up to those who I know are comfortable and freestyle with them. I’ll grab their hands and we’ll do a two-step or a booty-shake movement together, and people love it.

REMEMBER, ALL MSF MEMBERS
RECEIVE 15% OFF
 AT SAUCE PIZZA & WINE AND MORNING SQUEEZE.
 JUST SHOW YOUR KEY TAG!

SAVE THE DATES!

» UPCOMING EVENTS AT—AND BEYOND—MOUNTAINSIDE FITNESS

CLUB CALENDAR

» QUEEN CREEK

GRAND PREVIEW PARTY

Oct. 22, 9 a.m.–4 p.m.

mountainsidefitness.com/coming-soon-queen-creek

» MOUNTAINSIDE FITNESS ANNUAL AWARDS GALA

Jan. 14, 2017

Livewire in Scottsdale.

mountainsidefitness.com

COMMUNITY CALENDAR

» DESERT BOTANICAL GARDEN

Second Tuesday of each month,

8 a.m.–8 p.m. Free.

dbg.org

» UPTOWN FARMERS MARKET

Every Saturday through Nov. 5, 8 a.m.

uptownmarketaz.com

» NAMASTAY

Every Sunday through Nov. 6, 10 a.m.

Free. Pool deck yoga in Tempe.

moxy-hotels.marriott.com

» DOWNTOWN AT SUNDOWN

Starts Sept. 24, every Thursday, 5–9 p.m.

Free. Walk or jog through the heart of Phoenix. Evening marketplace.

phxpublicmarket.com

» CHANDLER MAYOR'S DAY OF PLAY

Oct. 22, 9 a.m.–1 p.m.

Free. Kids' activities and booths on health, wellness and fitness.

chandleraz.gov/dayofplay

» FOAM FUN RUN

Oct. 22, 9:30–11:30 a.m.

Free. Run and laugh your way through a foam-filled 5K course.

foamfunrun.com

» AIDS WALK ARIZONA & 5K RUN PHOENIX

Oct. 23, 7 a.m.–1 p.m.

aidswalkaz.org

» HALLOWEEN SPOOKTACULAR

Oct. 28, 5:30–8:30 p.m.

Free. Halloween party with activities, trunk-or-treat and a costume contest.

chandleraz.gov/spooktacular

» IMAGINE THIS!

Nov. 2–6

\$7 for children 2 and up, \$10 for adults. Enjoy fun and original puppet shows written by kids.

azpuppets.org

» GLOBAL DANCE FESTIVAL, WILD WEST EDITION

Nov. 19, 3 p.m.

Electronic music festival takes over Rawhide Western Town in Chandler. Featuring Bassnectar, Nero, Datsik, Alison Wonderland, Herobust and much more.

globaldancefestaz.com

» A CHRISTMAS CAROL

Dec. 10–24

Ticket prices range from \$33.50–\$53.50. Arizona Broadway Theatre brings the classic Christmas story to life, creating precious holiday memories for the whole family.

azbroadway.org

(YOU SAID IT!)

“THIS HAS TO BE ONE OF MY FAVORITE PLACES TO GO! EVERYTHING HERE IS CLEAN AND IN GOOD ORDER. THE VARIETY AND AVAILABILITY OF DIFFERENT TYPES OF EQUIPMENT IS PHENOMENAL. THE STAFF IS ALWAYS SUPER-FRIENDLY AND COURTEOUS. AND AFTER A HARD WORKOUT, AMENITIES LIKE A STEAM ROOM, A SAUNA, FULL-SIZE SHOWERS, PLENTY OF TOWELS AND A LARGE LOCKER ROOM ARE A BLESSING.” –RUSSELL M., GILBERT MEMBER



Mountainside's Desert Ridge club

1. ARROWHEAD

75th Avenue and Loop 101
20250 N. 75th Ave.,
Glendale, Ariz. 85308
Phone: 480.625.0228

2. CHANDLER

N.W. corner of Alma School
and Germann
1920 S. Alma School Road,
Chandler, Ariz. 85286
Phone: 480.732.9777

3. DESERT RIDGE

Tatum Boulevard and Rose
Garden Lane
4355 E. Irma Lane,
Phoenix, Ariz. 85050
Phone: 623.266.3111

4. GILBERT

N.E. corner of Val Vista Drive
and 202 Freeway
3345 S. Val Vista Drive,
Gilbert, Ariz. 85297
Phone: 480.821.9501

5. MESA

N.E. corner of Greenfield Road
and Brown Road
1253 N. Greenfield Road,
Mesa, Ariz. 85205
Phone: 480.889.1865



FIT REPUBLIC

7135 E. Camelback Road,
Suite 235,
Scottsdale, Ariz. 85251
Phone: 480.324.1200

6. NORTH PHOENIX

I-17 and W. Carefree Highway
2655 W. Carefree Highway,
Phoenix, Ariz. 85085
Phone: 623.587.9977

7. PEORIA

Lake Pleasant and Happy Valley
Road
9745 W. Happy Valley Road,
Peoria, Ariz. 85383
Phone: 623.561.5525

8. PLATINUM AT CHASE FIELD

Inside Chase Field Ballpark
401 E. Jefferson,
Phoenix, Ariz. 85004
Phone: 602.343.6310

9. PLATINUM AT THE ICE DEN

Inside the Ice Den
9375 E. Bell Rd.,
Scottsdale, Ariz. 85260
Phone: 480.502.2096

10. QUEEN CREEK

OPENING OCTOBER 22!

Rittenhouse Road and Ellsworth
Road
21002 S. Ellsworth Loop Road,
Queen Creek, Ariz. 85142
Phone: 1.866.MTN.FITT

11. SCOTTSDALE

N.E. corner of 116th Street
and Shea Boulevard
11611 E. Sahuaro Drive,
Scottsdale, Ariz. 85259
Phone: 480.889.8889

12. SCOTTSDALE PAVILIONS

Indian Bend and Loop 101
8929 E. Talking Stick Way,
Scottsdale, Ariz. 85250
Phone: 480.214.4460

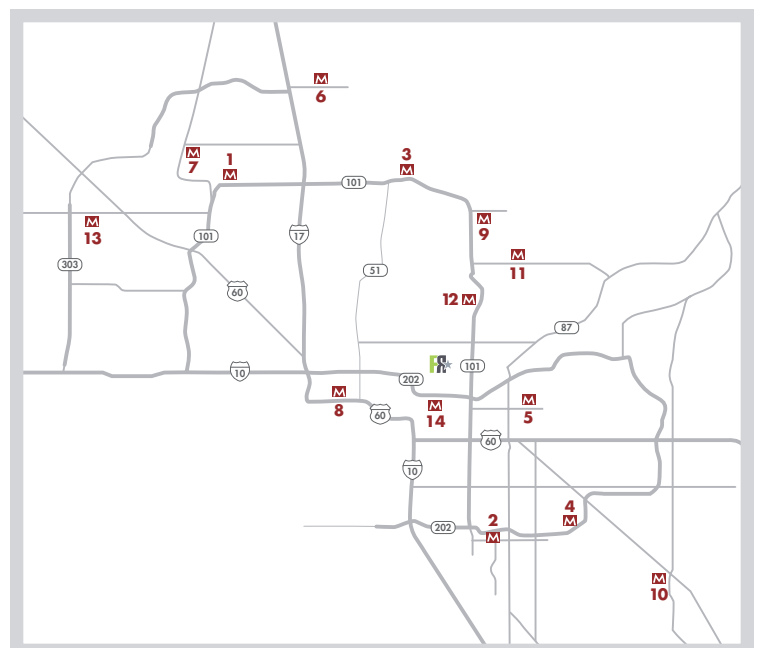
13. SURPRISE

S.E. corner of Bell Road and
Reems Road
15455 W. Bell Road,
Surprise, Ariz. 85374
Phone: 623.889.0374

14. TEMPE TOWN LAKE

COMING EARLY 2017!

Rural and Rio Salado Parkway
300 E. Rio Salado Parkway,
Suite 102, Tempe, Ariz. 85281
Phone: 1.866.MTN.FITT



For more information, contact us at 1.866.MTN.FITT or visit mountainsidefitness.com.