

PEAK

SALUTE TO SERVICE

» Mountainside honors national heroes

THE ULTIMATE SYNERGY

» Workout and rehab combined

MAKING WAVES

TRANSFORMATIVE WORKOUTS WITH A TWIST

Changes That Stick

TWO MEMBERS ACHIEVE THEIR GOALS

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“THANKS TO YOU, MOUNTAINSIDE IS ABLE TO SUPPORT GREAT CAUSES, AND TOGETHER, WE MAKE A DIFFERENCE IN THE LIVES OF CHILDREN AND FAMILIES ACROSS THE STATE!”



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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When I first started Mountainside Fitness, I thought being my own boss and helping people get healthier was a pretty cool way to go. I had no idea how both Mountainside and my job would evolve over the next 25 years. One of the most enjoyable parts of my job these days is seeing the difference Mountainside makes by giving back to our communities. I know this would never be possible without our members. Thanks to you, Mountainside is able to support great causes, and together, we make a difference in the lives of children and families across the state!



With your help, we made major donations this past year to the following organizations:

- » Make-A-Wish Arizona
- » Muscular Dystrophy Association of Arizona
- » The Arizona Alliance of Boys & Girls Clubs
- » JDRF, an organization focused on curing, preventing and treating type 1 diabetes
- » American Heart Association
- » Teen Lifeline
- » Arizona Diamondbacks Foundation

Twenty-five years ago, I hoped we'd make a positive impact on the members who trust us with their time and energy, not to mention their hard-earned money. I never thought about the impact on the community that all of our members and employees could make. It is simply amazing, and we're just getting started!

Thank you for making what we do possible. I look forward to increasing our community involvement in the years to come.

Also, be on the lookout for these exciting

features coming soon to Mountainside Fitness:

- » Drum/Bongos Zumba Tour—live drums and bongos will make your Zumba class officially authentic.
- » DJ Cycle Tour is coming to a club near you! A live DJ will spin the best mixes to cycle along with as your instructor leads you in a class so fun, you'll forget how hard you're working.

Thank you again for all the support—you've truly helped make a difference.

In good health and progressive fitness,

Tom Hatten
CEO/Founder Mountainside Fitness Centers

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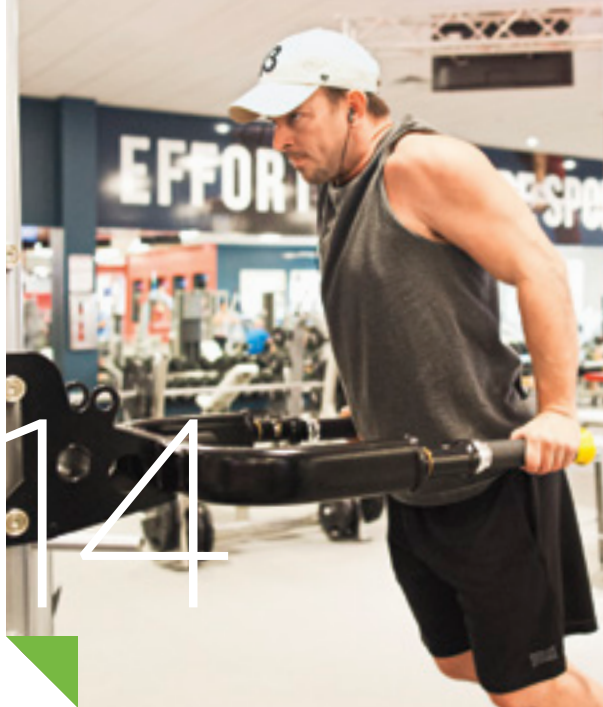
located in the Gilbert Mountainside Fitness building



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(YOU SAID IT!)

“THE MOMENT I WALK INTO MOUNTAINSIDE, I AM GREETED WITH SMILES AND FEEL WELCOMED RIGHT AWAY. THE CUSTOMER SERVICE IS GREAT! THE FACILITY IS BEAUTIFUL, CLEAN, BRIGHT AND CHEERY! I LOVE THE CLASSES, ESPECIALLY YOGA, AND THE INSTRUCTORS. I FEEL LIKE I’M IN A SPA WHILE I’M WORKING OUT. I DEFINITELY RECOMMEND THIS GYM! :)” —MICHELLE K., ARROWHEAD



» UPPING YOUR ACTIVITY WITH ATHLEISURE

Gym clothes are replacing jeans at bus stops, coffee shops, grocery stores and even offices across the country. Sporting stylish sweats, leggings and yoga pants—dubbed “athleisure” wear—is a hot trend capped off by celebrity athleisure clothing lines from Beyoncé, Rihanna, Kate Hudson and Carrie Underwood. The word *athleisure* was even added to the dictionary this year.

Along with being comfortable, athleisure enables quick changes before and after workouts, making it easier to fit exercise into your busy lifestyle. You might even be more active throughout the day. According to research from the American Council on Exercise, office workers walked more and burned a larger number of calories when they wore jeans or casual Friday clothing compared with traditional business apparel. Just imagine how much more you’d move if yoga pants became official professional attire.



POSTURE PALS

» Sit up straight, and stop slouching! How many times did you hear that parental command? But poor posture is a real health concern affecting many Americans and one that can lead to strain on joints and ligaments. Luckily, new developments in fitness trackers allow you to monitor your steps, sleeping patterns and yes, how you stand. Here are the best new wearables to help bolster your bearing.

The Lumo Lift is a plastic sensor you position below the collarbone while standing tall with shoulders back; it's held in place with a magnetic sensor attached to your clothing. If it detects a slouch, a vibration alerts you to sit up straight.

Prana is a circular, 1-inch gadget that clips to your waistband and measures breathing. Hypopnea, or shallow respiration, is linked to bad posture, and Prana encourages deep breathing by sending push notifications to your phone whenever it detects stressed respiratory activity.

Upright could be the most accurate tracker because it is worn directly on the spine. This 4-inch device uses two sensors that flutter at the first sign of a sagging stance, and it can be paired with an accompanying app.

Arki is a more traditional wrist wearable. It measures posture by monitoring rotation angle and swing speed in relation to gravity, transferred vibration and other factors. A pulse reminds you when it's time to move or sit upright.



» BOWLED OVER

THE HOTTEST HEALTH FOOD TRENDS OF 2016

» According to *Today's Dietitian Magazine*, this year's fads include:

Sprouted grains: Sprouting creates enzymes that make vitamins, plant proteins and fatty acids easier to absorb. Several companies have launched sprouted products such as chips, cereals and snack bars.

Probiotics: These live-bacteria supplements have become wildly popular in recent years. Look for new products containing probiotics in the form of juices, waters and even pastries.

Full-fat dairy: Nutrition experts now proclaim the benefits of a diet that incorporates small levels of saturated fats. Whole milk sales are on the rise, and recent research indicates that America's obesity problem stems from overconsumption of sugar, not fat.

MOVE ASIDE, PLATES: Your concave cousins are demanding a place at the table. Bowls are no longer reserved for supping soup and cereal. Instead, they're becoming the go-to vessels for lunch and dinner meals. Popular chains like Panera and Chipotle offer a variety of bowl entrées, featuring lean protein; grains; vegetables; toppings like nuts, seeds, beans or sprouts; and a tasty sauce or dressing. Even smoothies are being served up in basins.

So what's the fascination with indented dishes? In a bowl, all of the ingredients mix together, blending flavors and textures for a satisfying, nutritious meal. You can often build your own bowl so you get exactly what you want. They also make for easy portable eating. If you're making a meal in a bowl at home (several bowl-centric cookbooks are hitting shelves soon), you'll have fewer dishes to wash. Plus, bowls are so photogenic, you won't be able to resist adding pics of yours to the millions already on Instagram and Pinterest.



TAKING SHAPE

» DEDICATED MEMBERS ARE HITTING THEIR STRIDE THANKS TO ENCOURAGEMENT FROM THEIR PERSONAL TRAINERS

» Debbi Madigan happily pushes her limits with help from trainer Zack Kresser.

» MAKING TIME FOR HERSELF

For **DEBBI MADIGAN**, adding a fitness regime to her busy life was a major challenge. But once she did, the results paid off big-time.

Madigan's transformation began in 2009, when she attended a seminar on the habits of successful people. She was asked, "What have you done for yourself lately?" With a full-time job as an executive assistant, a husband and two teenage sons, and two dogs, the answer was, uh, nothing.

So she went home and took a 25-minute walk. At that point, she says, she thought gyms were "for the skinny girls." But in 2009, weighing 210 pounds and wearing a size 18, Madigan started using a treadmill, then worked out with fitness videos, and finally, about three years ago, started going to North Phoenix Mountainside Fitness.

In January 2015, Madigan's workouts really took off—when she met trainer Zack Kresser. Now,

Madigan, 55, does weights, spinning and Pilates, plus elliptical and core training. She says Kresser keeps her challenged. "He keeps it real, so I want to do better every week," Madigan says.

"Debbi is a model client," says Kresser. "She has not only increased her strength and muscle definition, but has managed to keep her body-fat percentage dropping. I am excited to watch her reach her next milestone!"

What does Madigan like best about her workout? "The 'me' time. I'm not doing this for anyone else."

A Mountainside instructor recently told Madigan and others in her fitness class that they should be proud of their successes and pass them on.

"That's my goal now," Madigan says. "I try to encourage anyone I see who is working hard. I see the changes in myself and others. It really shows!"



» A HEALTHY MEDIUM

Most people would consider losing weight a huge success. But can you be successful in the wrong way?

That was the case for **RYAN KICINSKI**, 36. By the time he was 20 years old, his weight had ballooned to more than 300 pounds. He started working out regularly with great results, eventually dropping to 195. However, his fitness level and his diet were unsustainable, and he rebounded to about 260 pounds.

"I was making all the wrong choices. I wasn't eating enough, or I was eating too much," says Kicinski, who works at StandardAero as a senior assistant support specialist. "Somebody would tell me to eat more, so I would eat six times a day. I would eat what I would have for lunch as a snack!"

Looking to make a change that would stick, Kicinski joined Mountainside Fitness at Scottsdale Pavilions in November 2014, but things really took off for him last August, when he began working with trainer Sean Todd two—and eventually three—times a week.

"I didn't have any goals in mind. I didn't have any direction," Kicinski says. "Sean and I talked about where I wanted to go ... and started focusing on what my actual goals were."

Todd, whom Kicinski jokingly describes as "crazy," has helped him learn to "eat clean"—for example, replacing sugars with healthy carbs—while motivating him toward the athletic build that Kicinski wants.

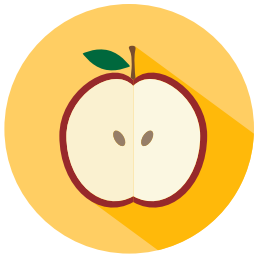
"We have the same energy level," Kicinski says. "We can work off each other, and he knows how to push me and get me to the next level."

Kicinski couldn't be happier with the results. After cutting his body fat by about 10 percent, he has settled at 220 pounds.

"At the end of the day, I just want to be healthy," Kicinski says. "I'm climbing the ladder and getting past those mental blocks, and that's what fitness is all about."



» Trainer Sean Todd (above, left) keeps Ryan Kicinski on the right track.



FUEL YOUR WORKOUT

Snack smart and keep hydrated for optimal gym time

Whether you're trying to bulk up or slim down, exercising on an empty stomach can be a big mistake. Follow these tips to stay powered up for your whole session.

Drink plenty of fluids.

Enjoy a light snack such as whole-grain toast or yogurt before the gym.

Avoid that midway energy plateau by eating 50 to 100 calories of healthy carbohydrates such as fruit, nuts or energy bars every hour for high-intensity sessions that last more than 60 minutes.

Recharge postgym. Vigorous activity burns a lot of carbohydrates—your muscles' main source of fuel—so make sure to cap off your workout with more carbs and proteins.

» PROTECT YOUR SKIN

Bare all (of your face) at the gym

We work out to feel and look our best, but that doesn't mean you should wear full makeup. Starting your sweat session while wearing cosmetics can lead to clogged pores, which cause breakouts and obstruct the normal production of oil and perspiration. Easy solve: Stock up on disposable cleansing cloths and defend your skin from breakouts by removing makeup beforehand. To keep sun safe, try a tinted moisturizer with SPF. Another upside to going au naturel: no smeary raccoon eyes!





Get More ZZZ's

IF YOU DON'T SNOOZE (ENOUGH), YOU LOSE

Prioritizing proper sleep is one of the most important health moves you can make, yet 20 percent of Americans clock an average of only six hours or less per night. Sleep deprivation is linked to heart disease, depression and diabetes, and driving while drowsy causes an estimated 100,000 highway crashes a year. Secrets to a solid snooze start with banning technology from the bedroom. Artificial lighting and gadgets play a big part in disrupting our circadian rhythm, or 24-hour cycle, by tricking our brain into thinking it's still daytime and keeping our bodies awake. It's tempting to sleep next to your smartphone, but disconnect and buy an alarm clock instead.

Exercise leads to increased blood flow, and physical exertion can be a great natural remedy for insomnia. Try to work out early in the day, as intense activity late at night can interfere with rest. Avoid caffeine after lunch, or at least don't drink any within four to six hours of bedtime so the stimulant is out of your system. Even though a nightcap may seem appealing and can help you fall asleep initially, alcohol-induced slumber is not the restorative REM sleep the body needs—and as the alcohol metabolizes in the wee hours, it may even wake you up.

Sources: heart.org, webmd.com

» DIY POWER SNACKS

Replace your store-bought energy and granola bars with this simple and healthy recipe. (Bonus: It's only 30 cents per serving!)

Makes: 24 servings

Total cost: \$7.15

Serving cost: \$0.30

Ingredients:

½ cup grated carrots

1 cup honey

1 cup peanut butter

3½ cups rolled oats

½ cup raisins

½ cup coconut

Directions:

1. Preheat oven to 350°F.
2. Peel and grate the carrots.
3. Combine honey and peanut butter in a large saucepan. Cook on low until melted. Remove pan from heat.
4. Add oats, raisins, carrots and coconut to the saucepan. Stir well, and let mixture cool until it is safe to touch.
5. Transfer mixture to a baking pan, pressing firmly into the bottom of the pan.
6. Bake for 25 minutes. Remove from oven, and cut into 24 bars.

Nutrition info:

Total calories: 160

Total fat: 6 g

Protein: 4 g

Carbohydrates: 25 g

Dietary fiber: 2 g

Saturated fat: 2 g

Sodium: 5 mg

Source: USDA.gov



FORM + FUNCTION

Functional fitness workouts are changing gym members' bodies—

Who should try functional fitness?

Although everyone can benefit from this multijoint, multimuscle approach to working out, it might be extra helpful for older adults, as it improves balance, agility and strength, and helps reduce the risk of falls.

Brian Weekley's personal training sessions at Mountainside Fitness in Desert Ridge are never the same. "That's the beauty of a functional fitness workout—I'm never bored," he says. "I might do one-legged squats while tossing a medicine ball at a trampoline. Or push a sled. Do walking lunges or use the Hoist and Rogue equipment. It's always something new."

In less than a year, Weekley's ever-changing workouts have transformed his body and his life. "I've lost 3 inches from my waist and bought all new clothes because I'm several sizes smaller," says the 55-year-old attorney, who lives in Desert Ridge with his wife and three children. "My balance is better. I have more energy, and I don't feel stressed out. I'm a better tennis player and golfer, too. I never got results like this with my old gym routine."

Functional fitness—named one of the hottest fitness trends of 2016 by the American Academy of Sports Medicine—is all about replicating everyday movements and engaging multiple muscle groups to get maximum results out of 30-minute workouts. "Clients build

strength, endurance, speed and balance, and get real-world results," says Weekley's trainer, Chris Reber, CSCS, of Mountainside Fitness Personal Training. "The point isn't to lift heavier and heavier weights or do more reps. The payoff with functional fitness comes outside the gym, in your life."

One big benefit: Daily activities become easier. "Getting up from a chair, putting a heavy power tool up on a shelf in the garage or walking fast to get to work on time—it all takes less effort," Reber says. Sports performance gets a boost, too. "No matter what you like to do—from cycling to running, playing a team sport to golf and tennis, or playing with your kids on the weekend—functional fitness can help you," Reber says. "Most functional fitness exercises engage core muscles, so you develop more power and stability. A strong core also reduces risk for injuries."

The workouts "are great for everyone—younger and older, men and women," he says, but men in particular seem to enjoy the all-around results and wide-ranging exercises. Functional fitness training at Mountainside often involves using state-of-the-art equipment that you might expect

“Clients build strength, endurance, speed and balance, and get real-world results.”

—Chris Reber, Mountainside Fitness Personal Training



ON

and their daily lives

to find at a gym completely dedicated to functional fitness training.

“The CoreFit area of every Mountainside gym is where functional fitness training happens,” says Chip Frazier, fitness manager for Mountainside Fitness Personal Training. “That’s where we have the Hoist MotionCage, with squat racks, multiple ways to do pull-ups—including with rock climbing grips—and the punching bag, which is everybody’s favorite.” The MotionCage also has stations for chest presses, leg extensions, seated leg curls and more.

Reber incorporates the MotionCage into workouts, and his clients know there’s always a twist. “Clients might use the punching bag for 30 seconds, but they might do two punches with the left fist, then two with the right,” he says. “Or they’ll circle around the bag as they punch. It keeps things fun.”

Training can also involve Mountainside’s Rogue power racks, “where you’ll do lifts, including dead lifts and Olympic-style lifts, as well as squats,” Frazier says. And as Weekley discovered, a workout can take you anywhere in the gym. “Sometimes, we use free weights, or I’ll do exercises that use my own body

weight such as planks.

Chris always challenges me. Sometimes, I do planks with weights on my back. I think I work 70 percent harder in these sessions than I ever did exercising on my own. Afterward, I feel great.”

According to Reber, Weekley also looks great. “I’m really impressed by Brian,” he says. “He’s been very consistent, and it shows. He looks fantastic. He’s 55 years old but moves like he’s in his 30s. He could do just a few push-ups when he started out; now he’s doing 50 a day. And last week, he deadlifted 285 pounds.”

Weekley’s son Andrew, 13, has noticed the changes, too. “My son now comes to Mountainside for functional fitness sessions with a trainer,” Weekley says, with pride. “He’s doing one-legged jumps, box jumps, pushing and pulling a sled—all the things they do in football practice. His trainer, Jentzen Kaniho, tailored the routine to Andrew’s needs for his sport. Andrew’s become a very good football player—and he’s developing a fitness routine for life.”

A member discovers the benefits of functional fitness workouts at Mountainside Fitness.

MEET THE

MOUNTAINSIDE'S INAUGURAL SALUTE TO SERVICE AWARDS GRANT LIFETIME MEMBERSHIPS TO ACTIVE-DUTY MILITARY MEMBERS AND VETERANS

H

Throughout 2016, Mountainside Fitness will bestow 25 free lifetime memberships upon current and former military personnel. The honorees have been nominated by friends and family, who must submit a brief explanation of why the nominee deserves recognition. Winners receive access to Mountainside's equipment, basketball courts, saunas, steam rooms and more than 80 fitness classes per week, per club. To date, seven memberships have been awarded. Read on to meet four of the Salute to Service award recipients; congratulations to them (as well as those not featured here: D. J. Arnberger, David Lamberti and Jose Lopez).



» Don Shiverdecker getting the Bronze Star in Vietnam.

WISE GUY

Don Shiverdecker gets top billing because at 85 years old, he still works out five times a week. Bright and early, Shiverdecker heads to Mountainside Fitness near his home in Peoria, where he meets two friends at 6:30 a.m. He says other gym members call him and his buddies (who are also former military members), "The Circle of Wisdom," referring to their years of life experience. Describing himself as "very honored" to receive the Salute to Service award, the Air Force veteran says his 20 years of military service included active duty in Korea and three tours in Vietnam, in addition to postings in Japan, Taiwan and Guam, among many other places. These days, his gym routine includes the elliptical, weight machines and sit-ups. "I used to do spinning and aerobics," he says, "but at 85, I felt like I didn't need that much exercise."



» Robert Marshall and family.

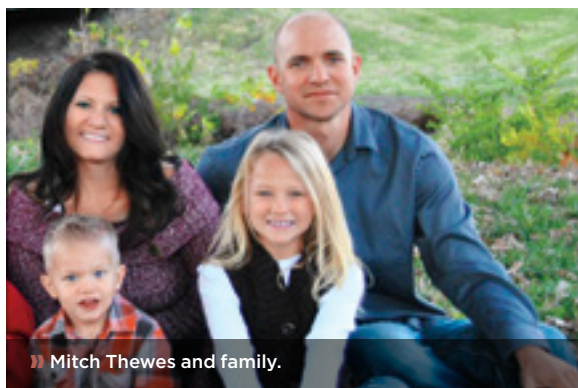
THE MARSHALL PLAN

Robert Marshall has spent 24 years active in the military—eight with the Marines (in Yemen and other posts) and 16 with the Army (in Iraq and Afghanistan). "These experiences convinced me that public service is my true calling," says 42-year-old Marshall, now a detective with the Phoenix Police Department and a member of the Army Reserve, for which he conducts felony investigations. "It's gratifying to help people who need help. It's also fun to drive fast and arrest bad guys," he says with a laugh. A consummate multitasker, Marshall is also a full-time student: He just earned his MBA from Grand Canyon University and is starting a master's program there in criminal justice. Marshall attends the Surprise location with his wife and three kids, and says the Salute to Service membership was an unexpected honor. He sums up his approach to life succinctly: "If you're not growing, you're dying."

FROM LEFT: COURTESY OF DON SHIVERDECKER; COURTESY OF ROBERT MARSHALL

HONOREES

» We've suspended nominations due to overwhelming response. We'll choose remaining winners soon!



» Mitch Thewes and family.

MOOD ELEVATOR

An Airborne Army Infantryman with two tours in Afghanistan, 30-year-old **Mitch Thewes** has done his share of physical training. Now an Army recruiter, he's a big fan of staying active and hopes to be a fitness role model for his family. He was already considering joining Mountainside Fitness when he won his lifetime membership. "Being healthy is one of the most important things to me—and to my family," Thewes says. "If I'm healthy, they're going to be healthy." Plus, "the gym is amazing. It's the nicest one I've ever been in." Thewes is interested in the cycling classes at Mountainside's Gilbert location, and wants to try kickboxing and functional fitness. "It makes me feel better to work out," he says. "It puts me in a better mood." He's planning on getting a membership for his wife as well, and is looking into Mountainside's child care for his two girls, ages 6 and 4, and his 1-year-old boy.



» Justin Schlautman and family.

ACTIVE DUTY

Justin Schlautman, 32, is deeply proud of his years of military service, having joined the Army at 17. He's well-traveled, with deployments to Kuwait, Iraq and Afghanistan for a total of five tours of active duty. "Being able to serve the country is a privilege," he says. "Only 1 percent of Americans get to join the military, so it's a pretty elite group." Today, Schlautman works as an Army recruiter, a job he is passionate about. "It's my responsibility to find motivated, highly qualified individuals who want to serve our country," he says. "It's very satisfying to help people realize their goals in life." Schlautman says he wasn't always into fitness, but he enjoys going to Mountainside in Arrowhead, where he is trying out the new CoreFit classes. "It's awesome to have been selected for a lifetime membership," he says. "Now, I just hope to achieve the fitness goals I've set for myself!"

» ONE-STOP FITNESS AND REHAB

Mountainside's on-site physical therapy makes staying fit even easier

If needing physical therapy is getting in the way of your workout schedule, or your fitness routine is preventing you from doing rehab, Mountainside has the solution.

In the best example of synergy since the Beyoncé empire merged with Jay Z, Mountainside Fitness features physical therapy at six facilities: Gilbert, North Phoenix, Desert Ridge, Arrowhead, Surprise and at Mountainside Platinum inside the Ice Den in Scottsdale.

"This is such a bonus for gym members and their families," says Veronica Cantu, an executive assistant with OSR Physical Therapy. OSR coordinates the physical therapy services at the Gilbert, North Phoenix, Desert Ridge and Scottsdale Ice Den locations. "It's so great for gym members to be able to say, 'I can get my workout and my rehabilitation all in one place.'"

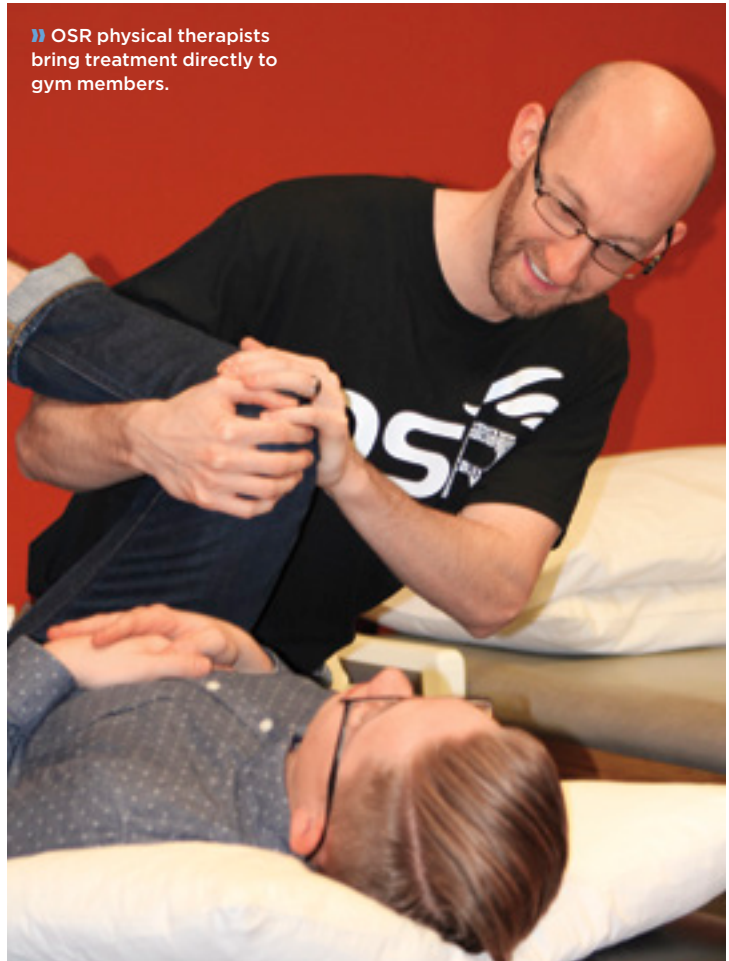
OSR has an open-door policy at its Mountainside locations, offering free injury screens to anyone experiencing pain, discomfort or mobility issues. Sometimes, Cantu says, gym members stop in the middle of their workouts to talk with a therapist about an issue. "We get to look at them right then and there, and even help them to tailor a workout," she says, adding that back and knee pain rank among the most common complaints.

OSR therapists have access to bicycles, treadmills and other gym equipment, which they use regularly for therapeutic exercises; they also offer postexercise therapies to clients.

Mountainside provides chiropractic and massage services at most of its locations—and very affordable day care, which makes rehab that much easier to schedule.

"We get people who love the gym environment," says Cantu. "They don't want to have to go anywhere else."

» OSR physical therapists bring treatment directly to gym members.



“IT'S SO GREAT FOR GYM MEMBERS TO BE ABLE TO SAY, 'I CAN GET MY WORKOUT AND MY REHABILITATION ALL IN ONE PLACE.' ”

—VERONICA CANTU, EXECUTIVE ASSISTANT,
OSR PHYSICAL THERAPY



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!

TOP TO BOTTOM: SHUTTERSTOCK, AMY HANEN

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

MICHELLE CHERRINGTON

» SCOTTSDALE LOCATION

Teaches muscle conditioning, CSC, M60 and step

“SEEING MY STUDENTS REACH AND SOMETIMES EVEN SURPASS THEIR GOALS MAKES ME SO PROUD.”



EXPERT ADVICE

MOUNTAINSIDE FITNESS INSTRUCTOR MICHELLE CHERRINGTON TELLS US HOW SHE INSPIRES HER STUDENTS TO ACHIEVE THEIR GOALS

Q: How long have you been an instructor at Mountainside?

A: I have been teaching group fitness classes since 2003, and I've been at Mountainside for 11 years. There's nothing better than getting to work out with over 100 of your favorite people. They motivate me just as much, if not more, than I motivate them.

Q: What is most gratifying about your work?

A: Seeing people do things they never thought they could do. I always tell my classes that they underestimate what they are actually capable of. Seeing them reach and even sometimes surpass their goals makes me so proud.

Q: What is your personal fitness routine?

A: With a busy teaching schedule and four active kids, I don't have a lot of time for my own workouts. But I love doing things I don't teach, like yoga and cycling.

Q: What is your favorite workout and why?

A: I love multitasking workouts that get everything done at once. My M60 and CSC classes do just that—cardio, strength and core training—all within an hour.

Q: How do you motivate members?

A: I make them feel welcome and create an environment that isn't intimidating. It's easy to walk into a gym or a class and be completely overwhelmed. I hope that I make all ages of people with all levels of fitness feel like they belong in my class. I always tell them to focus on themselves, not compare themselves to anyone else in the room.

Q: What is the most common mistake you see members making?

A: Trying to get a quick fix. Doing too much too quickly can make members burn out and give up. I always tell my classes to pace themselves. I don't just want full classes in January when New Year's resolutions make people go crazy. I want them here all year. People are more likely to continue to come to class if they exercise safely and efficiently.

Q: What does fitness mean to you?

A: The older I get, the more fitness has transformed from how I look into how I feel. Being active and fit helps me feel young and stay energized so I can take care of my family. That is way more motivating than fitting into the jeans I wore in my 20s.

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

» PARENTS' NIGHT OUT THEMES

July 1: Celebrate America
 July 16: Kung Fu Panda
 Aug. 5: Mad Hatter Tea Party
 Aug. 20: Wild Wild West
 Sept. 2: Teenage Mutant Ninja Turtles
 Sept. 17: Tailgate Party

COMMUNITY CALENDAR

» DESERT RIDGE MARKETPLACE CONCERTS

Free live musical performances every
 Friday and Saturday evening at 7 p.m.
shopdesertridge.com

» DOWNTOWN CHANDLER ART WALK

Free. Third Friday of the month except
 August. downtownchandler.org/artwalk

» FIRST SATURDAYS FOR FAMILIES AT ASU ART MUSEUM

On the first Saturday of the month, the
 ASU Art Museum features free activities

for the family from 11 a.m. to 3 p.m.
 (Note: There is no regular program in
 July, when the museum hosts Family
 Fun Day on the second Saturday of the
 month.) asuevents.asu.edu/content/first-saturday-families-asu-art-museum

» WESTGATE WEDNESDAYS

June 15–Aug. 10, 6–7:30 p.m.
 Stop by the Westgate Entertainment
 District in Glendale on Wednesdays for
 free fun. westgateaz.com/summer

» FLASHLIGHT TOURS AT DESERT BOTANICAL GARDEN

Thursdays and Saturdays, through
 Sept. 3, 7–10 p.m. Included with
 membership or paid admission.
dbg.org/general-admission

» WINTER IN JULY

July 16, 7–11 a.m.
 Chill out at the Phoenix Zoo. Activities
 include a toddler snow-play area and
 ice treats for the animals. phoenixzoo.org/event-items/winter-july

» ARIZONA GET OUTDOORS EXPO

July 16, 10 a.m.–6 p.m.;
 July 17, 10 a.m.–4 p.m.
 Hunting, fishing and camping equip-
 ment, outdoor education, and interac-
 tive stations. WestWorld, Scottsdale.
westworldaz.com/eventcalendar

» ARIZONA CARDINALS

The Cardinals begin preseason football
 in August; they play home games at Uni-
 versity of Phoenix Stadium in Glendale.
azcardinals.com/news-and-events

» BALLET UNDER THE STARS

Free performances; all events at 7 p.m.
 Sept. 22: Estrella Lakeside Amphi-
 theatre, Goodyear
 Sept. 23: Fountain Park, Fountain Hills
 Sept. 24: Steele Indian School Park,
 Phoenix
 Sept. 29: Tempe Center for the Arts,
 Tempe
 Sept. 30: Beardsley Park, Sun City
 West
balletaz.org/community-outreach/ballet-under-the-stars

(YOU SAID IT!)

“I LOVE THIS GYM—IT’S SUCH A COOL LOCATION! THE EMPLOYEES ARE ALWAYS FRIENDLY AND HELPFUL. I’M AT THE GYM QUITE A BIT, SO IT’S IMPORTANT THAT I’M COMFORTABLE AND THE ENVIRONMENT IS CHILL. THIS PLACE IS DEFINITELY BOTH!” —ATHENA K., CHASE FIELD



**MOUNTAIN
SIDE
FITNESS**

LOCATIONS



» New Peak Performance Zone rolls out to all clubs this year.

1. ARROWHEAD

75th Ave. 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 Rd.,
Chandler, Ariz. 85286
Phone: 480.732.9777

3. DESERT RIDGE

Tatum Blvd. and Rose
Garden Ln.
4355 E. Irma Ln.,
Phoenix, Ariz. 85050
Phone: 623.266.3111

4. GILBERT

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

5. MESA

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



FIT REPUBLIC

7135 E. Camelback Rd.,
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 Rd.
9745 W. Happy Valley Rd.,
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. 85259
Phone: 480.502.2096

10. QUEEN CREEK

COMING IN OCTOBER!

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

11. SCOTTSDALE

N.E. corner of 116th St.
and Shea Blvd.
11611 E. Sahuaro Dr.,
Scottsdale, Ariz. 85259
Phone: 480.889.8889

12. SCOTTSDALE PAVILIONS

Indian Bend and Loop 101
8929 E. Indian Bend Rd.,
Scottsdale, Ariz. 85250
Phone: 480.214.4460

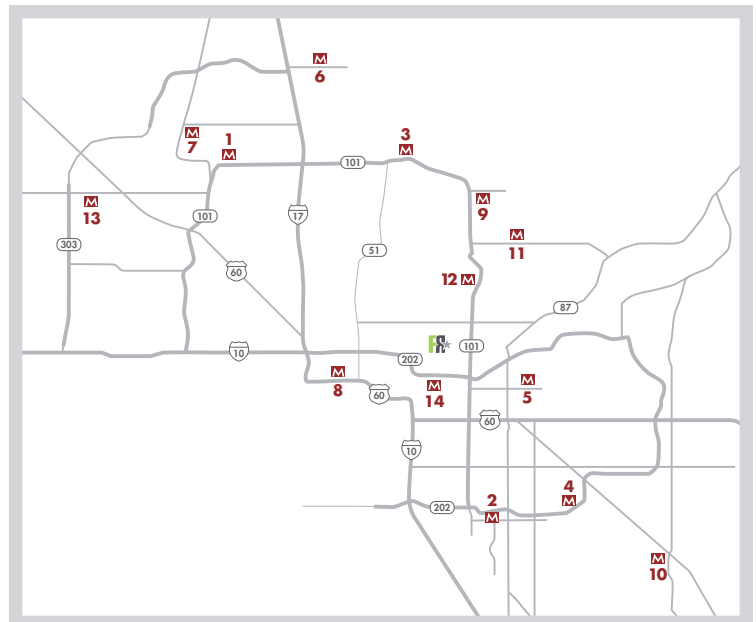
13. SURPRISE

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

14. TEMPE TOWN LAKE

COMING EARLY 2017!

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



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