

PEAK

SWEAT EQUITY

TIPS FOR SQUEEZING
THE MOST OUT OF
YOUR WORKOUT

MUSCLE UP

» Two hot new classes hit Mountainside

SUPERFOOD

» The skinny on eating clean

The
Arsenal Effect

BREAK OUT OF
YOUR COMFORT
ZONE

JOIN THE MOVEMENT

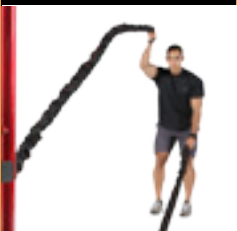
WITH THE

HOIST[®] MOTIONCAGE[®]



There's a reason we worked with world-renowned fitness facilities, expert personal trainers and exercise physiologists to develop the MotionCage[®] Functional Training System. At HOIST[®], we listen to exactly what you want. That's why the MotionCage[®] and the MotionCage[®] Studio were designed with an incredible number of workout stations - including unique stations like the Rock Grip Traverse Wall, Dual-Level Monkey Bars, Renegade Station and more! We are proud to have the MotionCage available at all Mountainside Fitness locations.

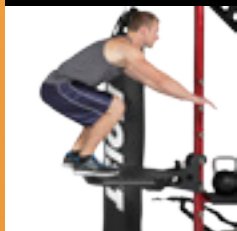
BATTLE ROPES



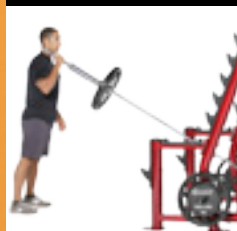
ROCK WALL



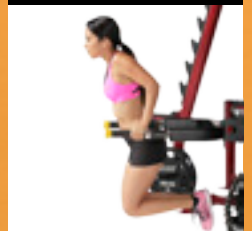
JUMP PLATFORM



RENEGADE



DIPS



MOTIONCAGE[™]



Visit hoistfitness.com/MotionCage for more details.
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“WE WANT TO MAKE PERSONAL TRAINING MORE AFFORDABLE AND AVAILABLE TO ALL MEMBERS. THE TECHNOLOGY IS HERE, AND THE DESIRE FOR US TO IMPROVE YOUR EXPERIENCE IS OFF THE CHARTS!”



PEAK MAGAZINE

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At Mountainside Fitness, it seems the only certainty is that innovation is always a constant in our minds. It drives us to continue to evolve in the way we deliver fitness. Yesterday's ways might not work for tomorrow even when they were successful because members' demands and interests change. Having said that, you will see a significant change in the way we deliver personal training (PT).

Our goal is simple: enhance the personal training experience to be more accountable in terms of goal tracking, be more flexible to meet the changing needs of our members, offer more availability of trainers and times to train, and give members the ability to schedule sessions from our app or website.



» Core Concepts Personal Training will roll up into the MSF brand, becoming one team and allowing the trainers to work more consistent hours per week.

» All members will have the ability to schedule training sessions through the MSF website or app via the centralized scheduler. This will give our members the ability to change training times and clubs even if their trainer isn't available. If your schedule changes and another trainer is available—then sign up for the session! Your workout tracking will be made available to that trainer when you arrive. All your workout stats, goals and progress charting will be kept in your member account for you to access from the website or the app.

» Each club will have a full-time fitness manager on staff who will oversee all PT progress and client satisfaction.

Last but not least, we will offer smaller training packages that are pass based. For example, packages of 3, 12, 24 and 48

sessions will be sold, allowing for greater flexibility and less cost to you—the member. We want to make personal training more affordable and available to all members.

The technology is here, and the desire for us to improve your member experience is off the charts! We hope you take advantage of what a personal trainer can do for your health and fitness goals.

In good health and progressive fitness,

Tom Hatten
CEO/Founder Mountainside Fitness Centers

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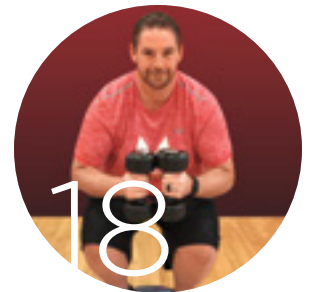
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(YOU SAID IT!)

“I FEEL NOTHING BUT POSITIVE VIBES WHENEVER I WALK IN AND SEE THE STAFF’S SMILING FACES! THE STAFF IS VERY HELPFUL, THE GYM IS CLEAN, AND THEY PROVIDE TOWELS. WHAT MORE CAN YOU ASK FOR?” —A.D., SCOTTSDALE



THE ARSENAL EFFECT TOUR «

FITNESS GURU KENYATTA BANKS BRINGS HIS POPULAR CLASS TO MOUNTAINSIDE

When Taylor McHenry, 29, recently finished an excruciating 8-mile hike along the Na Pali Coast in Kauai, Hawaii, she was spent—physically and mentally.

Seven months prior, McHenry, the director of operations at a Scottsdale skin-care facility, took the Arsenal Workout class developed by certified fitness instructor Kenyatta Banks. Think *Insanity* or *P90X*—kicked up a notch.

“The class helped me gain the mindset I needed to persevere during the hike,” McHenry says.

Banks created the Arsenal Workout as a way to bring people together—and then take them out of their comfort zones. The workout quickly developed a following, attracting Mountainside Fitness founder and CEO Tom Hatten to attend one of Banks’ classes. After sitting down with Banks, he decided to make the class accessible to all Mountainside members. Thus, the Arsenal Effect Tour was born.

The tour spans different Mountainside locations (dates include April 23 at Surprise, May 14 at Mesa and June 18 at Peoria) and is free for members; \$15 for nonmembers.



SMOOTH OPERATOR

MOVE OVER, SUGARY DRINKS AND CHALKY PROTEIN SHAKES

» Pouring the freshest ingredients right in front of you, smoothie bars are revolutionizing the fitness drink game. Smoothies pack important nutrients and protein together with relatively few calories; they also hydrate and refresh, and help build muscle and increase energy. In comparison to juicing, blending fruits and veggies into a smoothie provides higher levels of beneficial phytonutrients.

Adam Petropolis, vice president of Core Concepts Personal Training, breaks it down like this: “If you juice an apple, you’re extracting the fructose, but you’re leaving behind the fiber and other nutrients—which are meant to slow down the digestion of fructose in the first place.”

Customize your smoothie concoction at any M Cafe location with fruit, veggies, add-ons like flax and chia seeds, and much more. Your workout boost is just a sip away!



SHINE WITH BARRE STARS

WALK ON THE WILD SIDE

PRIMAL MOVEMENT ACTIVATES YOUR ANIMAL INSTINCTS

» A hot new exercise trend, “primal movement” workouts emphasize functional training, delivering a cardio blast and toning muscles.

The exercises mimic dynamic animal moves—frog jumps, ape squats and so on—that work multiple muscle groups. Because primal movement requires no special gear, you can embrace your inner animal almost anywhere.

For an abs-and-back workout, try the “cocoon.” Lie flat on your back, arms and legs fully extended. Bring your knees to your chest until you can hug them. Slowly return to starting position and repeat. Do two sets of 12.

Or break a sweat with the ape walk: From a deep squat, place your fists on either side of your right foot. Hop to your right, landing with your left foot between your fists. Swing your fists to the right, shifting your body weight and continuing this sideways movement. Reverse sides, and repeat.

FEEL THE BURN IN THIS FITNESS CLASS INSPIRED BY BALLET

» There’s a new happy hour at the bar—or barre, that is. Combining ballet, Pilates and yoga, barre-based workouts like Mountainside Fitness’ Raise the Barre class have exploded in the past few years. These dynamic classes take elements from ballet barre exercises and incorporate floor work and free weights, taking participants through static and fluid poses with a strength-training twist. The workout fine-tunes muscles with small movements, holds and pulses, as muscles are worked to fatigue. Some major benefits include improved posture and coordination, muscle toning, weight loss, and increased flexibility. The vibe is upbeat and fun, and modifications are available, making it appropriate for everyone, from beginner to ballerina. Yoga clothes are encouraged, and you won’t need pointe shoes—or any shoes for that matter. Select Mountainside Fitness clubs now offer 55-minute Raise the Barre classes.



TOP RIGHT: GETTY IMAGES

ROLE MODELS

» DEDICATED TO THEIR FITNESS REGIMENS, THESE MEMBERS INSPIRE OTHERS TO GET—AND STAY—IN SHAPE

» PASSION PLAY

Before losing nearly 100 pounds—and before completely changing her life, her body and her career—

ROCHELLE WARNER set a modest goal: one pullup.

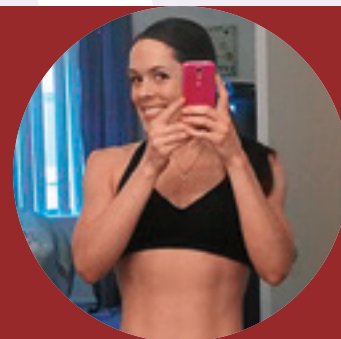
“Baby goals,” Warner, now a trainer at Mountainside Fitness’ Gilbert location, calls it. “Baby steps. Building that bridge.”

When it comes to ambitious weight-loss plans, Warner knows of what she speaks. In her early 20s, she worked behind a desk and kept a college kid’s attitude toward nutrition. Before long, the 5-foot-3 Warner ballooned to 240 pounds.

At the advice of her physician, who warned that she was at risk of developing diabetes, Warner resolved to get fit. She started cooking for herself, and she made a point of walking everywhere—taking stairs, parking on the opposite side of the lot—to get active again.

Warner was still terrified of the gym, though. Instead, she hired a personal trainer to help her craft a cardio and weight-training program. To her surprise, Warner

“I STARTED FEELING BETTER AND STRONGER. I FOUND MYSELF ABLE TO DO THINGS I DIDN'T THINK I COULD.”



» After losing nearly 100 pounds, Rochelle Warner has changed her life, her body and even her career.

came to enjoy weight training. It worked well with her new-found interest in nutrition. The weight began melting away.

“I started feeling better and stronger. I found myself able to do things I didn’t think I could,” she says. “And I realized that if I can do this, anybody can.”

After a year, Warner had not only lost the excess weight, she also decided to become certified as a trainer and share her passion for fitness with others. She looked for a gym that she’d feel comfortable training—and working—in.

“Mountainside Fitness was the right fit for me,” she says. “The whole staff was so friendly, and I wanted to be part of that.”

Now, Warner shares advice with clients facing uphill climbs similar to her own.

“I know the idea of regular workouts can be overwhelming,” she says. “So I remind people to start by setting baby goals. The most important thing is to stay motivated.”



» LEADING BY EXAMPLE

Almost 30 years after last setting foot in a gym, **GREG RINGLE**, 47, and his wife, Maria, decided they needed to make a change in their lives. They joined Mountainside Fitness in Gilbert, working out together for two 30-minute sessions each week with trainer Luz M. Chavez. But the decision wasn't only about themselves.

"My wife and I have four kids," says Ringle, a mechanical engineer at the Renaissance Companies. Rather than tell their children to eat better and exercise more, they decided to lead by example. So far, it's worked—their daughter has become a member, and their youngest son, who plays football at his high school, is in better shape than ever. "It's something we're doing as a family," Ringle says.

Once the couple joined Mountainside, they had to relearn how to work out. That's where Chavez came in, offering the Ringles guidance on proper fitness goals, effective exercises and nutrition.

That's not to say she lets them off easy. "We've learned that when you do a set of 12, what it really means is a set of 12, then four or five more after that," Ringle says, laughing. "She drives us to do better, and it makes her a lot of fun to work with."

For each 30-minute session, the Ringles alternate upper-body and lower-body exercises. Afterward, they finish up with 30 minutes of cardio exercise.

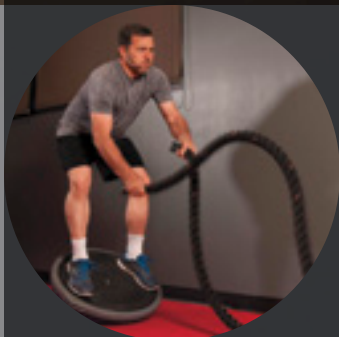
The results speak for themselves. "We're seeing more definition and weight loss," Ringle reports. "We'll run up a flight of stairs or jog with the kids, and not think twice about it."

Exercising with his wife also helps to keep both of them moving and motivated. "I'm working out with my wife, so I've got to impress her!"

There's another benefit to working out with his wife—spending quality time together. "It's like date night every time we go to the gym."



"I'M WORKING OUT WITH MY WIFE,
SO I'VE GOT TO IMPRESS HER!"



» Greg Ringle got back into fitness to give his children an example to follow.



PACK LIKE A PRO

Tips for picking and packing the ultimate gym bag

A fully loaded bag makes it easier to fit a workout into your busy schedule. But there's a better way than hastily throwing all your gear into a tote and rushing out the door.

Pick a bag. A one-size-fits-all bag will cover most people's needs, but some workouts might require extra features. Do yoga? Look for a bag with straps for mats. Spend time in the pool or steam room? Choose something water-resistant.

Compartmentalize. Use each compartment: Store sweaty socks in a different spot than your post-workout snack—same goes for toiletries and a small first aid kit.

Plan ahead. Pack the night before. You'll hold yourself accountable and stay motivated to get your workout in. If your intentions are better than your memory, keep an emergency stash of essentials in the car so you never miss a workout.

» PLAY IT BY EAR

It's science: A good playlist is crucial to your workout

Experts agree: Music is a powerful exercise tool. It can distract, motivate, keep rhythm and improve mood—and even help metabolic efficiency.

All of which makes your get-pumped mix as important as your gym shoes. While personal taste obviously plays a huge role in your perfect playlist, research shows there are a few rules you should follow.

For vigorous exercises like running on a treadmill, go for high-energy jams: The most effective workout tunes are around 140 beats per minute (bpm). (Most pop songs clock in around 120 bpm.) Remember that music is about feeling: Songs you identify with on an emotional level have the power to transport you and push you through initial fatigue. (Why do you think the *Rocky* theme song is so popular?)

Of course, there's an app for this—or rather, several: Spotify and Pandora can stream music based on your workout routine, while others like FIT Tunes, Spring, RockMyRun and Gym Radio can customize bpm-specific playlists.





If the Shoe Fits

EVERY WORKOUT HAS A SOLE-MATE

Thinking about getting a new pair of workout kicks? When finding new shoes to sport, keep a few things in mind.

Shoes that are geared toward your workout will keep your feet happy and your joints protected, helping you to stay active longer. If the weight room is your gym go-to, you'll want something with a firm, flat grip, like barefoot running-style shoes. These provide proper form and stability, which are crucial for lifting heavy weights.

If you're a track, trail or treadmill runner, remember that not all feet are created equal. The way your foot rolls when it hits the ground (also known as pronation) greatly determines the type of shoes you need. You can figure out your running pattern by looking at the wear on your shoes or consulting with a podiatrist.

Group fitness workouts require both agility and stability. If your workout is really dynamic, look for sturdy but light cross-training shoes. They are similar to running shoes, but provide more ankle support for both forward and lateral movements—so you can side shuffle all you want!

» GO FROM ZERO TO 5K

Three ways to train for your first race

As events like the Color Run and the Warrior Dash have gained in popularity, more and more people—including nonrunners—are getting in on the fun. The catchphrase of going from “couch to 5K” means that all it takes is a little training—and a dash of motivation—to get up and onto the 3.1-mile course.

Ease into training: Alternate between walking and running until you build strength and endurance.

Phone a friend. See if anyone in your circle wants to sign up for a race with you. Not only will you keep each other accountable for your training, you'll be able to cheer each other on before and after the race.

There's an app for that. C25K is the easiest mobile app to get beginners up and running a 5K in eight weeks. Tailored for first-time runners, the app tracks your progress as an audio coach talks you through training sessions and stats—and keeps you company on the days when your friend bails.



2

NEW

MOUNTAINSIDE CLASSES



You'll high-five your way to fitness with the new Peak Performance membership

COREFIT ENDURANCE

Getting your heart rate up in a strenuous, muscle-pumping exercise class is an excellent way to work out. Add in heavy lifting, however, and you enter another fitness universe. According to Brian Lawson, who runs the CoreFit Endurance program at Mountainside Fitness Arrowhead, CoreFit Endurance's combination of those two techniques elevates what a workout can do.

"You put the two together, and you've got something spectacular," Lawson says.

Lawson explains that many gym-goers often overlook heavy lifting in their exercise routines. Women in particular, Lawson says, generally use weights in cardio classes that are too light—often only 2 or 3 pounds. "Your purse weighs 10 pounds, so why are you picking up a 3-pound weight? You need more weight to build muscle."

Lawson says that CoreFit Endurance techniques help you to optimize your time at the gym. For example, plank exercises are beefed up by incorporating a medicine ball, on which your feet keep you balanced. "It's an upgrade. In CoreFit Endurance, everything has been upgraded," Lawson says. "In other words, you can drive a car, but what if we give you a race car?"

Chances are you'll be driving that race car fast. Each class begins with strapping on a heart-rate monitor wristband that will email or text you your workout stats after class (this technology will soon be in use throughout all Mountainside clubs). After a five-minute warmup, you do four 10-minute blocks of mega-intensity exercise, and your recommended heart rate appears in a color-coded box on a 65-inch flat-screen TV at the front of the class. Red means you're working hard; purple means you're zooming. "When everyone's rates go purple, it's an exciting moment," says Lawson.

COMING SOON!

All Mountainside Fitness Clubs will offer the technology to email or text members their workout stats!



////////////////////////////////////
 In the CoreFit Endurance class, your heart rate is monitored and shown on a flat-screen TV.
 //////////////////////////////////////



WILL WHIP UP YOUR WORKOUTS



COREFIT STRENGTH

The CoreFit Strength program at Mountainside Fitness is tailored to each individual athlete—even if your competitive sport is hauling around a 3-year-old or bicycling with friends. “Moms can train like athletes,” says Daniel Provenzano, who runs the class at Mountainside.

But don’t think that CoreFit Strength is easy. Yes, the classes have a functional fitness component that will help you pick up your child and lift her into the minivan, but the program’s focus is on increasing your range of motion, improving your strength, and providing metabolic conditioning. The workout also builds muscle and reduces fat, Provenzano notes. Exercises such as box jumps, Olympic-style weightlifting and devastating burpees—in which you squat, go prone on the floor, kick your feet forward to your hands so you return to a squat and then jump straight up in the air—are all part of the package.

Provenzano first began customizing workouts for competitive athletes, modifying according to their strengths and weaknesses. The results were so encouraging that he decided to adapt his approach for nonathletes. “We can scale any workout to each individual according to his or her ability level,” he says.

He says clients often come in wanting to achieve particular changes to their physique, but once they get into the program and feel its benefits, they tend to focus more on improving their performance. “They’ll get the bigger biceps, the flatter stomach and the better butt, but by then all they care about is how much their performance has improved.”

The classes tend to become like a community, Provenzano says. “At the end of the class, people are cheering each other on and high-fiving.”

“It is our goal to roll out Peak Performance programs at all Mountainside Fitness locations by the end of 2016,” notes Mountainside Fitness CEO and Founder Tom Hatten.



The Mio LINK

Member Services will offer the Mio LINK heart rate monitor—which can transmit heart rates to smartphones, GPS watches and bike computers—to members for \$25.



MAKING THE MOST OF

**SUPER
FOODS**

YOU CAN'T GO WRONG BY INCORPORATING SUPERFOODS INTO A VARIED, HEALTHY DIET

Let's face it: No food is super enough to make up for bad eating habits. Eating a bowl of blueberries doesn't mean it's OK to stuff yourself with a bacon cheeseburger and a jumbo shake later.

Still, some "superfoods" are so packed with vitamins, minerals, fiber, antioxidants and phytonutrients that you're missing the nutrition party if you're not eating them. Take beans, which are high in fiber and good sources of magnesium and potassium, not to mention that you won't find a leaner protein. Or kale, which provides plenty of vitamins A and C, potassium, and phytochemicals, yet is low in calories and carbs.

Many superfoods are in season right now: beets, broccoli, sweet potatoes, carrots, radishes, garlic, citrus fruits, bok choy, kale, spinach and all kinds of dark, leafy greens. And yes, blueberries—and strawberries, too. Berries contain high levels of phytochemicals called flavonoids and have been associated with a lower risk of heart attack. Blueberries in particular contain high concentrations of anthocyanins, which have been reported to prevent the growth of cancerous cells in the colon. Additionally, studies have shown that blueberries are rich in compounds that may prevent age-related memory loss.

That doesn't mean you should adopt an all-blueberry diet, though, or even an all-spinach-and-carrots diet. Eating too much of one food, no matter how super, may prevent you from getting the nutrients you need, especially when you're trying to fuel a healthy workout routine. Your best strategy is to incorporate as many different superfoods into your diet as possible, but also note that adding some non-superfoods can actually make superfoods healthier. For example, salad dressing that contains olive oil makes it easier for your body to absorb the beta carotene in spinach and carrots.

Nutrition experts generally recommend eating a varied diet that contains lean proteins, whole grains, legumes, nuts and seeds, fish, fruits and veggies. The American Heart Association also recommends you get nine servings of fruits and vegetables a day.

But eating healthy doesn't have to be a chore. Make eating superfoods a game—mix and match with a smoothie, tossing in old favorites like blueberries, a banana and low-fat yogurt along with a handful of chopped kale. Or make a superfood soup with the recipe we've provided. It contains beans and veggies along with the hearty nuttiness of farro, a whole grain, or hulled barley, which is full of fiber and nutrients. The recipe makes enough for a fun (and nutritious) party.



SUPERFOOD SOUP | SERVES 8

- 2 cups dried white beans
- 2 cups farro or hulled barley
- 3 tablespoons extra-virgin olive oil
- 2 carrots, chopped
- 2 stalks celery, including some leaves, chopped
- 1 large yellow onion, chopped
- 3 garlic cloves, chopped
- 2 tablespoons fresh rosemary, thyme or oregano
- 6 cups vegetable or chicken broth
- 6 cups kale, spinach, collards or other greens, chopped
- Salt and freshly ground black pepper

Soak the beans overnight in a big bowl of water and drain. If using farro, soak in a big bowl of water for 5 hours and drain.

Put beans in a saucepan, and add water to cover by 2 inches. Bring to a boil, then reduce heat to simmer until beans are tender, about an hour. Strain the beans, reserving the cooking liquid. Puree half the beans with the cooking liquid in a blender. Set aside the puree and the remaining beans.

Heat the olive oil in a big soup pot over medium-low heat. Add the carrots, celery, onions, garlic and herbs. Cook, stirring occasionally, until the vegetables are soft, about 12 to 15 minutes. Add the farro or barley, beans, bean puree, stock and greens. Bring to a boil, reduce the heat to low, and simmer until the farro or barley is tender and soup is thick, about 40 minutes.

Season with salt and pepper and serve.

» A SALUTE TO SERVICE

Mountainside Fitness awards 25 free lifetime memberships to active-duty service members and veterans

Mountainside Fitness is showing its support for service members by honoring current and past men and women in uniform through a "Salute to Service." Throughout 2016, 25 active-duty military members and veterans will be awarded free lifetime memberships to Mountainside Fitness.

Mountainside invites its members to nominate an active duty or retired member of the armed forces for a chance to win. The information needed to enter a loved one or friend is the nominee's name, branch of service and brief reason why the person is deserving of this opportunity. The membership includes access to the state-of-the-art gym equipment, basketball courts, over 80 group fitness classes per week per club, saunas and steam rooms.

Post-traumatic stress disorder (PTSD) is common among combat veterans, and studies show that up to 30 percent of military personnel have experienced it at some point in their lives. Physical activity has been shown to help reduce symptoms of PTSD and can help lessen its recurrence.

"We are elated that we can give something back to the men and women of our armed forces who have sacrificed so much for our country," said CEO and founder Tom Hatten. "Exercise not only benefits the body, but the soul as well."

One current member, former Marine Greg Scott, can attest to that. "A strong body makes for a more focused mind

and a more settled spirit," Scott says. "The better physical shape a service member is in, the more he or she can attend to the mental and emotional rigors of combat and even daily life. I am literally in the best shape of my life right now—even better than when I was on active duty. Mountainside has been

the perfect gym for me on this journey back and deserves the highest commendation for its dedication to serving those who serve."

To learn more about Mountainside Fitness' Salute to Service program, visit mountainsidefitness.com/militaryhero.

"MOUNTAINSIDE HAS BEEN THE PERFECT GYM FOR ME ON THIS JOURNEY BACK."

—GREG SCOTT



» Member Greg Scott, a former Marine



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!

AMY HANEN (2)

SPECIAL PROGRAMS

FIT KIDS

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 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



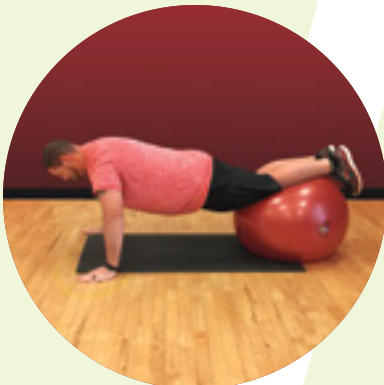
ASK AN INSTRUCTOR

GORDON OWENS

» NORTH PHOENIX LOCATION
(Also teaches at Arrowhead,
Desert Ridge and Peoria)

Primarily teaches cycle, muscle, Pilates;
also teaches TRX, Tabata, M60 and CSC

“I STARTED MY FITNESS JOURNEY IN DECEMBER 2010 WEIGHING NEARLY 400 POUNDS. I’M NOW DOWN TO 185 POUNDS.”



EXPERT ADVICE

MOUNTAINSIDE FITNESS INSTRUCTOR GORDON OWENS FILLS US IN ON WHAT IT TAKES TO GET BACK INTO SHAPE

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

A: I have taught here since 2014, but I’ve been a member since 2011. I became an instructor because I came to class one day and the instructor did not show up. I thought, “Hey, I could help out in a situation like this.”

Q: What are your greatest fitness accomplishments?

A: I started my fitness journey in December 2010 weighing nearly 400 pounds. I’m now down to 185 pounds. So the past four years have been a major accomplishment for me. In 2015, I completed my first, second, third and fourth half-marathons, as well as other races. I began training for my first full marathon in January 2016. However, I have to admit that the Ragnar relay series races are by far my favorite events.

Q: What do you eat on workout days?

A: I try to keep all my meals clean but admit it’s difficult to get away from carbs after a great workout. I also love protein-based meal replacements.

Q: What advice can you offer Mountainside members?

A: I think the biggest things are sticking with it, being true to yourself and setting one goal at a time. I’m also a true believer in heart-rate monitoring. If you truly want to see results, it’s important to track and understand your output in cardio as well as in strength training. And tracking your dietary habits is just as, if not more, important.

Q: What’s on your workout playlist?

A: My playlist is all over the board. Recently, I have added a little more rock for motivation, but my music generally falls into the Top 40 category. I’m not into most of the remix workout playlists out there. I prefer actual music and building a routine to match. My signature song is “300 Violin Orchestra” by Jorge Quintero.



SAVE THE DATES!

» UPCOMING EVENTS AT—AND BEYOND—MOUNTAINSIDE FITNESS

CLUB CALENDAR

» PARENTS' NIGHT OUT THEMES

APRIL: Hop into Spring

MAY: PJ Party

JUNE: Wild Wild West

COMMUNITY CALENDAR

» ARIZONA BIKE WEEK

WESTWORLD OF SCOTTSDALE

APRIL 6-10

Motorcycle enthusiasts gather for bands, rallies, competitions, charity rides, auctions, raffles. azbikeweek.com

» THE PHOENIX PET EXPO

WESTWORLD OF SCOTTSDALE

APRIL 16, 10 AM-6 PM; APRIL 17, 11 AM-4 PM

Bring your pet! Pet-friendly exhibitors and rescue groups, amazing discounts

on products and vaccinations, talent and costume contests, and demonstrations in obedience training. FREE admission. phoenixpetexpo.com

» ARIZONA'S ULTIMATE WOMEN'S EXPO

PHOENIX CONVENTION CENTER
APRIL 23, 10 AM-5 PM; APRIL 24, 11 AM-5 PM

See demonstrations, attend workshops, and check out products and services for women at one of the largest trade shows in Arizona. azwomensexpo.com

» ICE CREAM RUN

TORTOISE AND HARE SPORTS
17550 N. 75 Ave., #605 Glendale
MAY 14, 7 AM

Fun for the whole family. Enjoy music, giveaways, food and complimentary

ice cream. The Kid's Sundae Sprint is for kids 12 and under.

tortoiseandharesports.com

» PHOENIX COMICON

PHOENIX CONVENTION CENTER
JUNE 2-5

The 15th annual pop culture spectacle offers movie screenings, exhibitions, costumes and collectibles. Event passes start at \$15. phoenixcomicon.com

» MIGHTY MUD MANIA

CHAPARRAL PARK, SCOTTSDALE
JUNE 11, 7:30 AM-1 PM

Activities for all ages. Kids can enjoy the mini mud course, waterslide, sand castle building, and "Mudville." Adults can get muddy, too, in the Extreme Mud Course.

scottsdaleaz.gov/mighty-mud-mania

(YOU SAID IT!)

"I JOINED LAST MONTH AND HAVE BEEN SUPER HAPPY. IT'S CLEAN, EQUIPMENT IS IN GREAT SHAPE AND THERE ARE A LOT OF CLASSES. THE INSTRUCTORS ARE GREAT, POSITIVE AND TAKE THE TIME TO ASSIST INDIVIDUALS. OTHER FITNESS CENTERS DON'T HAVE ALL THE EXTRAS THAT THIS ONE OFFERS—TOWEL SERVICE, WELL-KEPT EQUIPMENT, GREAT HOURS, WELL-STAFFED, ETC. THE PERSONAL TRAINING PRICES ARE COMPETITIVE, AND I LOVE MY TRAINER." JOANN C., SCOTTSDALE PAVILIONS



» CoreFit at Mountainside's Arrowhead location.

1. ARROWHEAD

75th Avenue and Loop 101
20250 N. 75th Avenue,
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 Road,
Scottsdale, Ariz. 85259
Phone: 480.502.2096

10. QUEEN CREEK

COMING SOON!

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

11. SCOTTSDALE

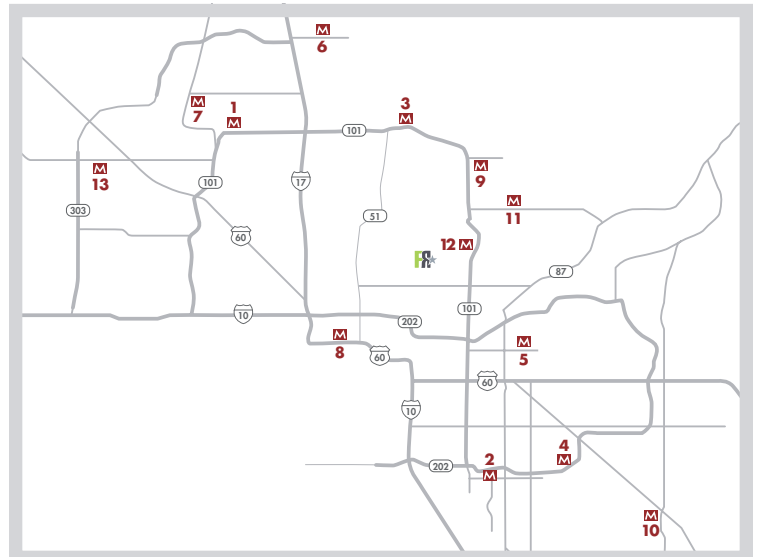
N.E. corner of 116th Street
and Shea Boulevard
11611 E. Sahuaro Drive,
Scottsdale, Ariz. 85259
Phone: 480.889.8889

12. SCOTTSDALE PAVILIONS

Indian Bend and Loop 101
8929 E. Indian Bend Road,
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



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

LOCATIONS