

PEAK

SHOCK AND AWE

» Trainers on mixing it up

CORE VALUES

» The benefits of personal training

REACHING NEW HEIGHTS

MOUNTAINSIDE
CELEBRATES
25 YEARS AS A
FITNESS LEADER

BIKES FOR THE TYKES

» Events for kids of all ages

Drive Time

STAY MOTIVATED IN
THE NEW YEAR

JUMP START YOUR NEW YEAR



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MEMBERS CAN NOW JOIN**

FOR 25% OFF

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“FOR 25 YEARS, OUR GOAL HAS BEEN TO PROVIDE THE BEST FITNESS VALUE IN ARIZONA, AND TRUE TO THE *PEAK* NAME, WE ARE ALWAYS TRYING TO REACH OUR PEAK.”



PEAK MAGAZINE

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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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LETTER FROM THE CEO/FOUNDER

To kick off our 25th anniversary, I'd like to welcome everyone to the first issue of the new *PEAK* magazine by Mountainside Fitness. Why the new name? Great question! Soon, you'll hear more about fitness workouts that establish your "peak." Whether it's in a group fitness class or working out with a trainer, maximizing your peak performance is the key to an effective workout. For 25 years, our goal has been to provide the best fitness value in Arizona, and true to the *PEAK* name, we are always trying to reach our peak.



Along with our new magazine, you'll see a new website design that will allow more interactive capabilities for members. Let's just say your connection to all things Mountainside will be a click away, and I can't wait. We aren't stopping there, either, with more announcements to come in 2016. But I'll wait to spill all the news, as I'll be needing more material for the next issue of *PEAK*.

It's been 25 years. That's 9,125 days—219,000 hours—that Mountainside Fitness has been in business. It's crazy to think that much time has gone by since the day we opened the first 4,800-square-foot club in Mountainside Plaza, back when I was just a 22-year-old kid with an idea—but no real money—and the belief that this could work. Through the years, so many great team members believed in it, too. But to grow, we needed members like you who liked the way we delivered fitness.

That first day, there were five employees. Today, there are 1,200. We had 300 members on day one. Today, there are 53,000. I had no idea this could last 25 years. The opportunity to be able to do what I love, provide so many jobs and create a fitness home for so many is truly the American Dream.

Thank you!
In good health,

Tom Hatten
CEO/Founder Mountainside Fitness Centers



Proud Partner Precor

Mountainside Fitness is proudly equipped with Precor fitness equipment. Distinctively engineered with a reputation second to none, Precor cardiovascular and strength equipment is truly world class. With the hallmark of revolutionary and innovative design, every machine provides a unique smooth alignment of exercise with human movement.



See the products in action at precor.com

PRECOR®

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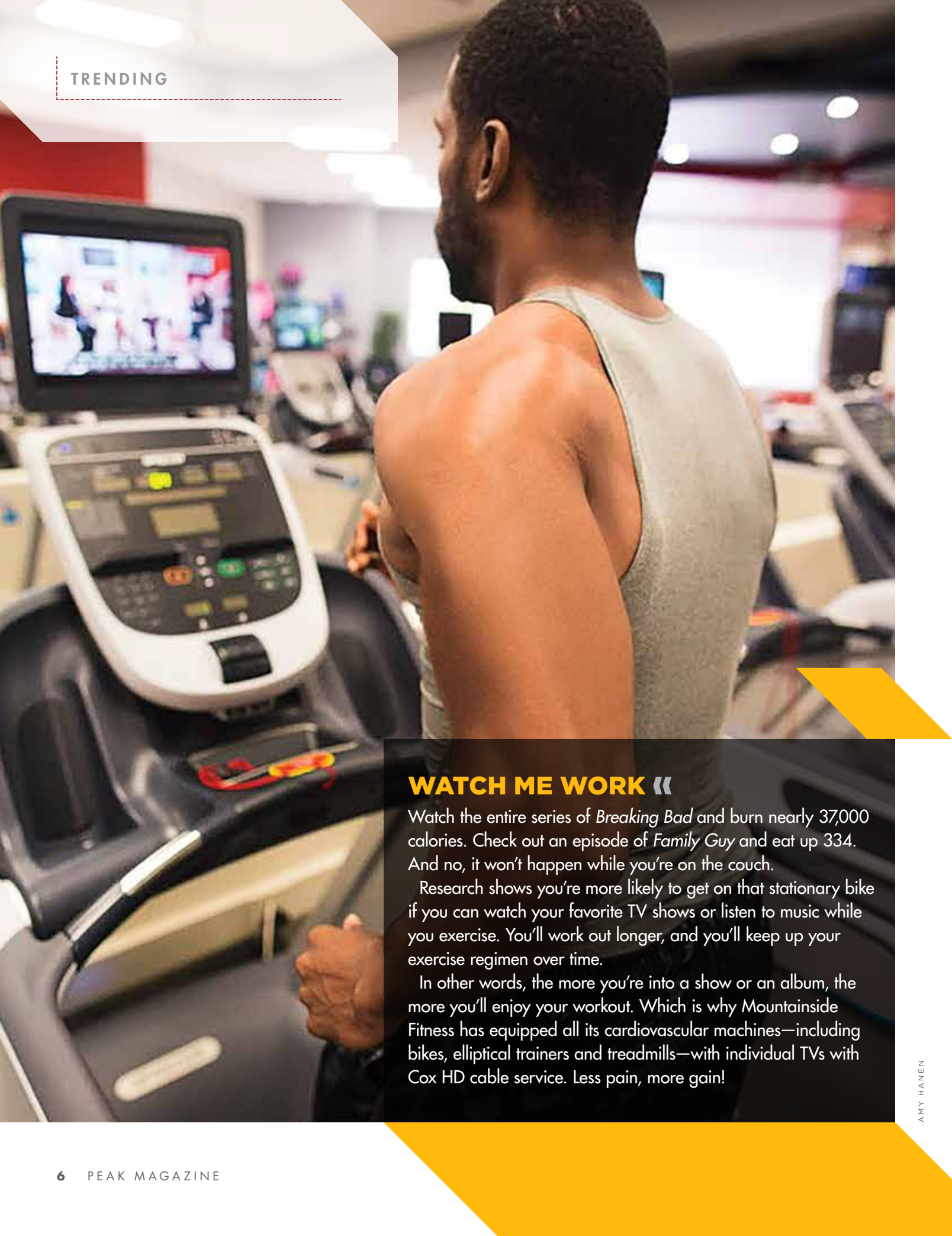
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(YOU SAID IT!)

“A GREAT GYM! THE CLASSES ARE AMAZING. THE KIDS’ PROGRAM IS FANTASTIC. I AM SO IMPRESSED—MY SON ACTUALLY ASKS TO GO. ALL THE EMPLOYEES ARE SO NICE.” — **KRISTEN D., SCOTTSDALE PAVILIONS**



WATCH ME WORK «

Watch the entire series of *Breaking Bad* and burn nearly 37,000 calories. Check out an episode of *Family Guy* and eat up 334. And no, it won't happen while you're on the couch.

Research shows you're more likely to get on that stationary bike if you can watch your favorite TV shows or listen to music while you exercise. You'll work out longer, and you'll keep up your exercise regimen over time.

In other words, the more you're into a show or an album, the more you'll enjoy your workout. Which is why Mountainside Fitness has equipped all its cardiovascular machines—including bikes, elliptical trainers and treadmills—with individual TVs with Cox HD cable service. Less pain, more gain!



↑ HOLY ROLLER

» You've done the hard work already. Now, make sure your workout doesn't take you out of the game.

Exercise-induced muscle damage, caused by microscopic tears in the muscle from vigorous activity, often leads to soreness, joint pain and a decreased range of motion for as long as 72 hours post-workout. (You know the feeling.)

One way to combat this is by using a foam roller to break down fibrous tissue and relieve pain and tension. By applying pressure to trigger points using the body's own weight, these rollers mimic treatments like deep tissue massage, and can help improve blood circulation and reduce muscle inflammation.

As little as 15 to 30 seconds per exercise on the roller, making slow and concentrated movements, can help lats, glutes and calves, as well as relieve pain in the upper back and hamstrings.



» 'HIIT' IT AND QUIT IT

FORM MEETS FUNCTION

» Bulging biceps may look great, but they probably won't help you play your favorite sport. They might not even help with everyday activities.

That's where functional training comes in. It helps you get in shape for the activities you really want, or need, to perform.

Functional training grew out of rehab—physical and occupational therapy focused on restoring patients' ability to complete everyday tasks. Similarly, the resulting fitness technique customizes your workout to your specific goals, actually mimicking the movements and positions of the sport or activity you're training for.

With functional training, multiple joints and muscles are engaged—often with the help of such equipment as stability balls and kettlebells. The movements tend to be not just back and forth but multidirectional—side to side, diagonally across the body and involving rotation—just like in real life.



HIGH-INTENSITY INTERVAL TRAINING

TRAINING, or HIIT, is one of the hottest workout trends around, and for good reason. Combining short, vigorous periods of anaerobic conditioning with short recovery periods offers a ton of benefits, not the least of which is getting in and out of the gym in a fraction of the time.

Think of it this way: Instead of cycling for 45 minutes at 50 percent exertion, a HIIT workout could involve pedaling at near-max capacity for one minute, followed by two minutes of easy pedaling for 15 minutes total. Tabata training, a form of HIIT, involves eight workout intervals in just four minutes.

The advantages of HIIT are myriad. For one, it leads to a decrease in body fat and increased muscle mass, giving you a lean physique while retaining those muscles. HIIT also increases maximal oxygen consumption, an important benchmark of endurance and overall fitness. HIIT is great for the heart, too, and increases the body's metabolism through extra post-exercise oxygen consumption, meaning you reap the benefits for hours after leaving the gym.

Mountainside Fitness offers HIIT classes at several locations and plans to expand its offerings in 2016. HIIT is great for beginners and experts, but because it involves high-intensity workouts, it's important to have a trainer customize a workout that matches your fitness level.

Go to mountainsidefitness.com to check for classes in your area.

SERIOUSLY SHAPING UP

» GUNG-HO MEMBERS MEET DEDICATED PERSONAL TRAINERS TO GET THE BODY THEY WANT

» GOING STRONG

Twice a week, 66-year-old **SUE EVERSON** drives from her home in Peoria to her local Mountainside Fitness, where trainer Susan Clemmer puts her straight to work.

Everson, a retiree who calls her two grandsons "the delight of my life," joined Mountainside five years ago after a knee replacement, a fused neck and back surgery. She knew she'd benefit from a personal trainer's one-on-one attention.

Everson and Clemmer spend 30 minutes at each session, alternating between upper-body and lower-body/core workouts.

Everson returns to the gym once or twice more a week to work out by herself or attend a yoga class. She also does cardio at home, where she has a treadmill and elliptical machine.

"Sue works her butt off," Clemmer says. "When we finish, she always asks, 'What else can I do?'"

The hard work has paid off, Everson says. "Each session gives me a great feeling of accomplishment," she says. "I've lost more than 30 pounds working out with Susan, and my balance, strength and muscle definition have improved. Mentally, these workouts do me a world of good. I hope to still be going to the gym when I'm 80 years old!"



» Sue Everson (above right) has lost more than 30 pounds working out with trainer Susan Clemmer (above left).





» FREEDOM OF THE (BENCH) PRESS

As the director of two nightly newscasts on Fox10 TV, **HAROLD HARTNEY**, 49, has a demanding job. So it makes sense that the stress relief and well-being that come with regular exercise are the reasons why he enjoys Mountainside Fitness so much.

For the past two years, Hartney has been diligently working out four times a week at the club's Peoria location, including twice-weekly sessions with trainer Shaun McGonigle.

Hartney's typical routine is a mix of the treadmill, exercise balls, weights, push-ups, sit-ups and stretching. But it's his sessions with McGonigle that motivate him to stay in shape.

"Shaun is tough, but he doesn't kill you," Hartney says, good-naturedly. "He's patient and teaches you how to do it right. And he'll mix it up, so the workout is never the same twice. I haven't missed a single session yet."

For his part, McGonigle takes great pride in his client's progress. "Harold has made a significant transformation in his overall musculature," McGonigle says. "And he has such exemplary self-discipline—he really shows what can happen when you put in 100 percent."

» Harold Hartney says stress relief is one of his top priorities.



FIND YOUR INNER DRIVE

Make this year your best with these recommendations for keeping your post-holiday fitness resolutions



SEEK the help of a personal trainer or exercise professional whose fitness accomplishments you admire and who can periodically monitor your progress.



RECRUIT a workout buddy or enthusiastic exercise group. Boot camps can also boost your fitness support network.



PLAN an exercise program that's within your range. As you master it, slowly build toward more challenging fitness goals.



RECORD your fitness starting point using measures that apply to your goals (miles run, size of weights, BMI, perceived stress), and check in monthly to record improvements.

» YOGA, ANYONE?

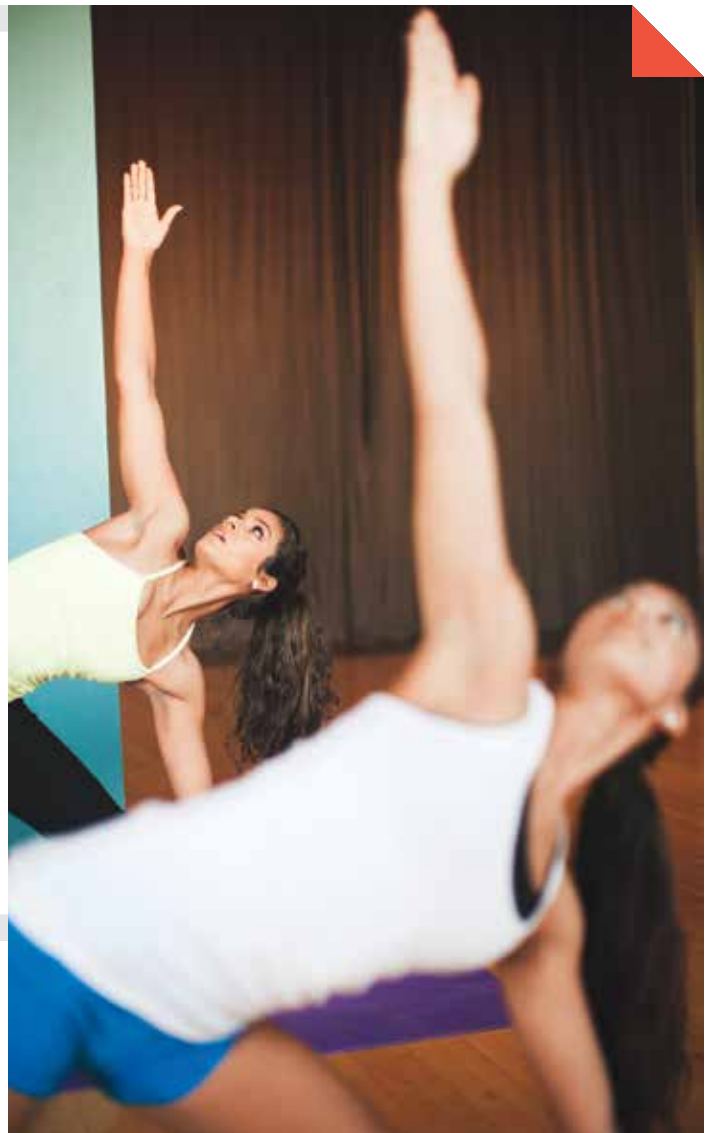
There are several types of yoga to choose from

Are you looking for an easy, gentle path to stress reduction? Or would you rather get a strenuous workout and sweat your way to peace of mind? Here are three options:

Iyengar yoga helps you concentrate your energy on aligning your body through a series of slow poses. Iyengar offers an accessible and customizable approach that can even accommodate past injuries.

Ashtanga yoga provides a vigorous workout, taking you through six increasingly difficult series of poses and emphasizing synchronized breath and movement. A class might focus on just one series, with students moving nonstop in unison, or students might work through the series individually, receiving occasional adjustments from a leader.

While Ashtanga will make you sweat, **Bikram yoga** will make you melt. Practiced in a room heated to over 100 degrees and involving a sequence of 26 poses, Bikram is known for its total-body workout and its ability to leave you feeling purified.



AMY HANEN



Jump-Start Junior

E

xperts agree that kids need about an hour of exercise each day. But making the little ones feel guilty for lounging around isn't the best way to motivate them. According to a recent study, kids need to feel like they're in charge.

WHEN GIVING YOUR KIDS CHOICES ABOUT HOW TO EXERCISE, REMEMBER THE FOLLOWING:

Limit screen time: It's hard for kids to get exercise when they've got a death grip on the video game controller. Limit all screens—TV, computer, tablets and phone—to 90 minutes on weekdays, two hours on weekends.

Walk the walk: You should also exercise. Alternate between following your own regimen (which can include bringing your kids to the gym) and playing with your children—anything from playing tag to basketball, tennis or in-line skating. That way, you reward your child's physical activity with time together.

AMY HANEN

» HAVE A BALL!

Those colorful exercise balls look like so much fun. If we were kids, we'd make up ways to play with them. Actually, that's a pretty good idea ...

Exercise balls offer an almost unlimited range of workout possibilities. Start by sitting on the ball and experiment moving around slowly, paying attention to which muscles are engaged. As you get the feel for how the ball moves, supports you and offers resistance, try working different parts of your body.

The ball can add some extra oomph to basic exercises like crunches and push-ups. Drape yourself over the ball on your stomach or lean into it with your back, and try different movements. Lie on the floor with your legs on the ball, and see what you can invent by moving the ball around in various directions.

Once you've mastered a few basics, you can try your own outrageous moves—super-bouncy handspring, maybe? Just don't try that in the gym, or you'll be in time-out!





25

YEARS YOUNG



CLOCKWISE FROM TOP LEFT: AMY HANEN; COURTESY OF MSF ARCHIVES; GRACE KOVAL; AMY HANEN

Mountainside celebrates a quarter century of fun, family and fitness



Remember all the fitness crazes of the '90s? The Cindy Crawford workout? Tae Bo with Billy Blanks? Suzanne Somers and the ThighMaster? That endless Soloflex infomercial?

It was during that fad-driven era that Mountainside Fitness founder Tom Hatten decided to open a brand-new type of fitness club, one with a welcoming and family-friendly atmosphere, state-of-the-art equipment, and lots of special amenities. Rather than simply jump on the latest trends, he wanted to create a place where members could achieve their individual fitness goals with the support of expert instructors and personal trainers.

Hatten believed he could provide something no other club was doing. So in 1991, he secured some loans, pre-sold 300 memberships and got to work creating the first Mountainside Fitness club in a 4,800-square-foot space within the Ahwatukee Foothills of Phoenix.

He recruited friends and family to help. "My roommate and I built some of the equipment ourselves," he recalls. "We welded, painted and even upholstered all the free-weight equipment. My family helped paint, hang mirrors and even sell memberships. True sweat equity in every sense of the word!"

Hatten says that, above all, he wanted Mountainside Fitness to be known as the "friendliest gym in town." He made it a core value always to hire staff with great personalities, who could deliver great service and always remember each member's name—a value that is still very much in evidence today. "We only hire outgoing, personable employees," he says. "They have to be able to communicate well with our customers. Customers are loyal to our people, not the machines."

With the opening of his first fitness club, Hatten launched what would become one of Mountainside's signature amenities: free towel service. It might seem common today, but at the time, it was a rarity.

"CUSTOMERS ARE LOYAL TO OUR PEOPLE,
NOT THE MACHINES."

—Tom Hatten

[AWARDS AND ACCOLADES]

Voted one of the 10
"hottest growing" companies in
Arizona by *Biz AZ* magazine

VOTED BEST GYM BY ARIZONA
FOOTHILLS MAGAZINE, 2010-2012

TOP 100

Voted a Top 100 club in *Club Industry's* Top 100 Clubs list

Consistently Ranked on the
INC 500/5000 list

voted best

Voted Best Staff/Trainers at a Gym
by *azcentral.com*

THE OFFICIAL FITNESS CENTER
OF US AIRWAYS AND
THE ARIZONA DIAMONDBACKS

best place to work

RECEIVED BEST PLACES TO WORK
AWARD FROM THE PHOENIX
BUSINESS JOURNAL

Member to the Max

MEET STEVE GOLD, A CHAMPION AUTO AND JET SKI RACER—AND A DEDICATED MOUNTAINSIDE FITNESS MEMBER FOR 23 YEARS

» Where do you live?

Gilbert, Ariz.

» What did you do for a living?

I was a professional racer in the motor sports world from 1989 until 2007.

» Have you always been physically active?

I have been involved in some form of personal fitness since the early 1980s. I dabbled in the boxing ring and in mixed martial arts, but soon found myself weight lifting and bodybuilding. Aside from a regular fitness routine, I've also been involved in the extreme motor sports industry—primarily in the Jet Ski or Pirelli World Challenge racing industries.

» Why did you join Mountainside Fitness?

Joining Mountainside Fitness in 1992 was an easy choice. I was in need of a local place to train on a daily basis—sometimes twice a day—for my racing and personal fitness goals. I knew this would be the place I could continue to come for years.

» Describe your typical workout routine today.

I'm usually there early in the morning, before work. I start with a 20- to 25-minute stationary bike ride or run on the treadmill, then I do 30 to 45 minutes in the weight and strength-training area. What's great is that the trainers are always eager to offer a spot or recommend a different type of routine so I can tackle a particular muscle group.

» Have your fitness goals changed much over the years?

These days, I'm in the gym four or five times a week; my fitness goals are now a bit less intense than they were in the past. My focus now is more on my overall health and well-being. And I want to thank Mountainside Fitness for helping me stay healthy and strong through the rigors of racing over the years!



“JOINING MOUNTAINSIDE FITNESS IN 1992 WAS AN EASY CHOICE. ... I KNEW THIS WOULD BE THE PLACE I COULD CONTINUE TO COME FOR YEARS.”

—Steve Gold

“WE’LL ALWAYS ASK OURSELVES, ‘HOW CAN WE CONTINUE TO BE PROGRESSIVE?’ THIS APPROACH IS PART OF OUR SOUL.”

—Tom Hatten

The success of the first club soon led to the construction of a second and then a third; fast-forward 25 years, and the chain now boasts 13 clubs in Arizona (including one at Chase Field), with two more scheduled to open in 2016. Mountainside is the state’s largest privately owned chain of fitness centers, with some 1,100 employees and an estimated total membership of 65,000 individuals by the end of next year.

How does Hatten explain the chain’s phenomenal success? By always being open to learning, evolving and improving, he says. “We’ll always ask ourselves, ‘How can we continue to be progressive?’ This approach is part of our soul.”

Over the years, Hatten has found exciting ways to improve the Mountainside experience. There are now TVs featuring Cox Cable high-definition channels on all of Mountainside’s cardiovascular machines, and the gyms feature mini-movie theaters with 8-foot-high screens.

He also launched child care services at Mountainside clubs, where parents can leave their children in a fun, fully staffed play area while they work out. Parents can even watch their children via viewing monitors located on each piece of cardio equipment and TVs on the strength training floors.

Giving members a quality experience in every way possible is the top priority, Hatten says. That includes providing state-of-the art equipment and technology, offering on-site massage therapy and chiropractors, and featuring roughly 80 group exercise classes per week, plus a cafe and a pro shop inside each club.

Hatten also recently launched an exciting new “concept” club in downtown Scottsdale called Fit Republic. Consisting of five different workout studios—one each for yoga, hot yoga, CrossFit, cycle and TRX/boxing/barre/boot camps—Fit Republic has reinvented studio fitness. Each studio has a distinct look and vibe that reflects the workout it hosts; the effect is as if you have five separate clubs (and experiences) for the price of one.

So what’s next? Expect to see Mountainside Fitness locations outside Arizona. Expect to see more branches of Fit Republic. And expect Hatten and his team to continue delivering—and improving—on their original goal: to be “the friendliest gym in town.”

1991 » Tom Hatten opens the first Mountainside Fitness in Ahwatukee.

1994 » The second location opens in Chandler.

1996 » The first ground-up Mountainside Fitness club opens in Ahwatukee.

2005 » Westside Mountainside Fitness opens in Surprise.

2012 » Mountainside Fitness opens at Chase Field.

2014 » Fit Republic opens in downtown Scottsdale.

2015 » The number of active members reaches 50,000.

FIRST CLUB IN ARIZONA TO OFFER:

1991 » Free towel service

1996 » Group cycle classes

2001 » Personalized cardio TVs

2005 » Three separate studios (yoga, cycle, group exercise)

2011 » Zumba classes

2015 » Peak Performance Zone

FIRST CLUB IN THE UNITED STATES TO OFFER:

2004 » Parents’ night out child care

2008 » Kids in Motion specialized workout equipment

2012 » Fitness center inside a public stadium (Chase Field)

» THE CORE CONCEPTS ADVANTAGE

Mountainside Fitness offers customized instruction through Arizona's largest personal training company

Whether you're looking to shed fat around your belly, bounce back from a knee injury or put on more mass, one of the best ways to meet your fitness goals is to have a plan custom built for you by a qualified personal trainer.

At Mountainside Fitness, members have access to Core Concepts Personal Training's pros, who are ready to design and implement a fun and motivational plan for you.

All Core Concepts Trainers are highly skilled and hold degrees or certifications from qualified accrediting bodies.

Trainers can help devise a plan of attack for everything from weight loss to weight training, for serious athletes and weekend warriors alike. Fitness programs developed by Core Concepts Personal Training are built around the pillars of nutrition, exercise, dietary support and accountability, and can be devised for recovering from sports injuries, building mass, cutting weight, toning muscles, gaining flexibility, and introducing age-appropriate fitness regimens to children.

Sessions are offered to all ages, both for individuals and small classes (typically fewer than six people).

The benefits of personalized training go beyond having an experienced teacher showing you the ropes. Many people find the accountability of having a trainer to be a motivating force, and their work output and efficiency both skyrocket in a coach's presence. Trainers can also help guests develop nutritional guidelines and goals, and recommend diet supplements if and when appropriate.

Schedule a free evaluation now with a fitness director to discuss your own personalized training program.



» Members have access to top-notch trainers through Core Concepts Personal Training, the state's largest personal training company.



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

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 not accepted. This is a free 30-minute class.

KIDS IN MOTION **

\$6 drop-in rate or one punch on a punch card. Tennis shoes must be worn in order to participate. 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. Pre-registration is required for this program.

LUNCH BUNCH **

Need to run a few errands, have lunch with the girls, or just have some peace and quiet? Drop off your kids off at M Kids for our Lunch Bunch! We'll feed them pizza, and they can enjoy playtime. \$10 for the first child and \$5 per sibling, or two punches for the first child and one per sibling.

DINNER & A MOVIE **

Every Friday night, we offer Dinner & a Movie. Drop off your kids for \$15 for the first child and \$5 for each additional sibling, or three punches for the first child and one punch per sibling. They will enjoy pizza and a movie while you enjoy an evening out, kid-free!

Schedule is subject to change without notice. Parents' Night Out is the only program you may not redeem punches for.

* Free program

** Schedules vary per club. Please call your club for specific dates and times.

ASK AN INSTRUCTOR

JULIE WHITMAN

» NORTH PHOENIX LOCATION

Teaches classes in TRX, Cycle, PiYo Live, M-Sixty and CSC (cardio, strength, and core training).

“BE THE CHANGE YOU WANT TO SEE. STEP OUT OF YOUR COMFORT ZONE, AND STEP INTO A NEW YOU!”



EXPERT ADVICE

WE GRILL MOUNTAINSIDE FITNESS INSTRUCTOR JULIE WHITMAN ON HOW TO GET THE MOST OUT OF YOUR WORKOUT

Q: How long have you been a fitness instructor?

A: I've been with Mountainside for six years, but I've been teaching for 33 years. I started when I was 16. I was always active growing up, so it was a fun way to get paid for something I loved, and it kept me in shape.

Q: What are your greatest fitness accomplishments?

A: I've run the Boston Marathon three times and the New York Marathon once, and four years ago, I completed an Ironman race. That was a goal when I turned 45. I'll turn 50 in April, and as a new goal, I'm training to be in a figure show. Now, I'm in the weight room, working my legs and shoulders. I'm also doing a lot of speed walking with 5-pound ankle weights. It looks funky, but that's OK; the end result is good.

Q: What's the most common mistake you see?

A: Members tend to stick to what they know and are comfortable with, and when they don't see a change, they quit. You need to change up your routine to see the results. Mountainside has everything you need to be fit. Your workout week should consist of a group fitness class, a yoga class, a cycle class and the weight room. Be the change you want to see. Step out of your comfort zone, and step into a new you!

Q: What do you eat on workout days?

A: Before I do anything else in the morning, I drink a cup of water with lemon and apple cider vinegar. Then, what I eat depends on my workout, but today, I had two pieces of Ezekiel (sprouted grain) bread, with two hard-boiled eggs mashed on it with avocado—like an egg salad sandwich without the mayo.

Q: Finally, what's on your workout music playlist?

A: When I started teaching classes, I used to bring records with me. And if we got too close to the turntable, it'd skip! I'm pretty eclectic these days: Usher, Pitbull, OneRepublic, Macklemore, Pharrell, and also some older stuff, like Joan Jett and AC/DC and Erasure. I try to keep it current, but really, I think the older stuff's better.

SAVE THE DATES!

» UPCOMING EVENTS AT—AND BEYOND—MOUNTAINSIDE FITNESS

CLUB CALENDAR

» PARENTS' NIGHT OUT THEMES

JANUARY: Winter Wonderland

FEBRUARY: Sweetheart

MARCH: Pajama Party

» CLUB ANNIVERSARIES

MARCH: Chandler/Ocotillo celebrates 14 years

MARCH: Desert Ridge celebrates one year

COMMUNITY CALENDAR

» HEALTH & FITNESS EXPO

JAN. 15-16

The Arizona Health & Fitness Expo, which takes place in the Phoenix Convention Center, showcases the newest trends in the wellness, health

and fitness industries. This don't-miss event coincides with the Rock 'n' Roll Marathon series, in which participants run different courses to live music by top bands. runrocknroll.com

» STUDENTS SUPPORTING BRAIN TUMOR RESEARCH WALK-A-THON FEB. 27

The Students Supporting Brain Tumor Research (SSBTR) is the largest student-run nonprofit in Arizona, and its annual centerpiece event will be held at Saguaro High School in Scottsdale. ssbtr.org

» YOGA ROCKS IN THE PARK

MARCH 10-13

Regular yoga gatherings in Phoenix's Indian Steele Park are hosted year-

round by Phoenix's Yoga Rocks in the Park. Now, it has partnered with the Sedona Yoga Festival—an annual event held in the “undisputed spiritual center of the West.”

yogarocksthepark.com/phoenix.html, sedonayogafestival.com

» PHOENIX HEART WALK

MARCH 19

The American Heart Association is dedicated to defeating heart disease, stroke and other cardiovascular diseases. This national organization helps to build lives that are free of cardiovascular diseases and stroke. Participate in this annual event and walk through downtown Phoenix with your fellow supporters.

phoenixheartwalk.org

(YOU SAID IT!)

The top three reasons I joined Mountainside Fitness:

“(1) Towel service. (2) Workout equipment—a large assortment of free weights, sophisticated machines, kettlebells, foam rollers and the TRX system with racks. (3) Locker rooms—big and clean, with ample room to change clothes, do a dance, or whatever. I really like that they've got both a sauna and a steam room!” – **Andrew S., Scottsdale**

“I LOVE THIS GYM—EVERYTHING ABOUT IT. AND IT SEEMS TO KEEP GETTING BETTER EVERY TIME I GO. I'VE ALWAYS FOUND SPACE TO GET MY WORKOUT IN ... FROM KETTLEBELLS TO A SLED PUSHER, YOU CAN GET AS CREATIVE OR MILD AS YOU WANT. TO TOP IT OFF, THE STAFF IS ALWAYS WELCOMING AND KIND, AND THE CHILD CARE IS BETTER THAN ANYPLACE I'VE BEEN TO.” – **KIM S., SCOTTSDALE**



COMING SOON!

QUEEN CREEK

S. Rittenhouse and Ellsworth,
Queen Creek, Ariz. 85142

TEMPE TOWN LAKE

Rio Saldo and Marina
Heights,
Tempe, Ariz. 85281

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: 623.343.6310

9. PLATINUM AT THE ICE DEN

Inside The Ice Den
9375 E. Bell Road,
Scottsdale, Ariz. 85259
Phone: 480.502.2096

10. SCOTTSDALE

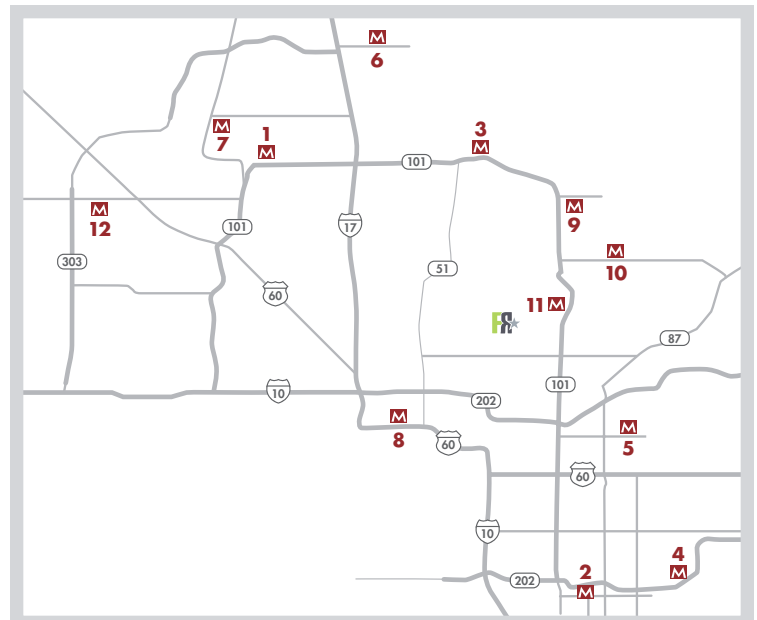
N.E. Corner of 116th Street
and Shea Blvd.
11611 E. Sahuaro Drive,
Scottsdale, Ariz. 85259
Phone: 480.889.8889

11. SCOTTSDALE PAVILIONS

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

12. 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