



MAY MIND & BODY

	MON	TUE	WED	THU	FRI	SAT
WEEKLY CLASSES	Pilates 8-9 am Linda	Gentle Yoga 7-8 am Maer	Vinyasa Yoga 6-7 am Julie	Gentle Yoga 7-8 am Maer	NEW TIME Pilates 9 - 10 am Stephanie	<u>May 5</u> INTERNATIONAL PILATES DAY ! Pilates 9-10 am Stephanie
	Vinyasa Yoga 9:15-10:15 am Dena	Pilates 9-10 am Kathy/Riley*	Pilates 9-10 am Kathy/Stephanie*	Pilates 9-10 am Riley	Beginner Vinyasa 10:30-11:45 am Veronica	Yoga 10:15-11:30 am Becca
	Beginning Yoga 10:30 -11:45 am Sarah	Pilates Noon-1 pm Stephanie	Beginner Vinyasa 10:30-11:45 am Veronica	Meditation / Yoga Meditation: 11:30-Noon Yoga: Noon-1 pm Harriet	Vinyasa Yoga Noon-1:15 pm Veronica	<u>May 12</u> Pilates 9-10 am Kathy
	Gentle Yoga Noon-1 pm Sarah	Continuing Yoga 4:30-5:45 pm Harriet	Vinyasa Yoga Noon-1:15 pm Veronica	Continuing Yoga 4:30-5:45 pm Harriet		Yoga 10:15-11:30 am Becca
	Pilates 5:30 -6:25 pm Marie	Yoga Beyond Cancer 6-7:15 pm Dena **	Pilates 4:30-5:30 pm Linda	Ashtanga Yoga 6-7:15 pm Tane		<u>May 19</u> Pilates 9-10 am/Linda
Vinyasa Yoga 6:30-7:30 pm Marie	** In Partnership with Fit To Fight. First class is May 22, runs for 5 weeks. Must attend first class.	Vinyasa Yoga 6-7:15 pm Becca			Yoga 10:15-11:30 am Julie	

*Kathy will teach until mid-May, then resume teaching in the fall.

Sundays: 11-12:15 Restorative Yoga with Sarah
4 pm class cancelled.

May 26-28
Memorial
Weekend
NO CLASSES



MIND & BODY Class Descriptions

Ashtanga (Power Yoga) is the preferred choice of yoga for athletes. Ashtanga yoga is light on meditation and heavy on developing strength and stamina. The poses are more difficult compared to those in other styles of yoga. Students move quickly from one pose to another in an effort to build strength and flexibility.

Beginning Yoga offers a gentle series of exercises performed in a slow and controlled way. The focus of this class is to increase strength, flexibility, and balance.

Vinyasa Yoga is designed for intermediate practice. Postures are connected with breathing, helping to build mental focus, clarity, determination, and patience. Vinyasa yoga may also be known as a flow style yoga.

Continuing Yoga is a posture focused class with emphasis on alignment. Be prepared to use props to assist movement into beginner and intermediate level poses. All levels welcome.

Gentle Yoga is a personalized approach to yoga postures with focus on pain-free range of motion. This class compliments strenuous athletic activities and is also appropriate for those new to yoga.

Pilates is a contemporary, anatomically based approach to the mind-body exercise developed by Joseph Pilates. Exercises focus on stability and/or mobilizing the spine and pelvis while improving functional strength, flexibility, endurance and posture.

Yoga for All will improve posture, increase strength and flexibility and relieve stress in this class appropriate for all skill levels.

PEAK Hours of Operation Monday - Friday 5 am-10 pm / Saturday & Sunday 7 am-8 pm

PEAK Main Club 251-3344 / PEAK Racquet Club 251-3356 / peakmissoula.com