



DOWNTOWN April Cycling

HEALTH & WELLNESS Mon-Fri 5 am-10 pm / Sat-Sun 7 am-8 pm Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960 / peakmissoula.com



MON	TUE	WED	THU	FRI	SAT	SUN
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Intervals 5:30 am Dan Intervals 9 am Tamara Intervals Noon Tamara Intervals 5:30 pm Brooklyn	Cycle/Core 6 am Tara SPRINT 8:45-9:15 am Carole Intervals 5:30 pm Jami	Cycle/Yoga 6:30-7:15 am Cycle 7:15-8 am Yoga Bristol/Kate Mellow Cycling 9:30 am Dan SPRINT Noon-12:30 pm Carole Intervals 5:30 pm Tannis	SPRINT 5:30-6 pm Kammy SPRINT & Intervals Classes Canceled April 7	Pump, Core & Cycle 8:35-10:05 am Richel Intervals 12:10-12:55 pm Rob	SPRINT No class 4/7 8-8:30 am Mariah Intervals No class 4/7 9 am Monique/Tamara/ Bridget	SUPER SATURDAY April 7, 7:50-Noon Blue Mountain Everyone Welcome GYMNASIUM FLOOR 7:50 am Welcome 8 am BODYPUMP - 45 min 8:55 am BODY ATTACK - 45 min 9:45 am GRIT SERIES - 30 min 10:25 am BODY COMBAT - 45 min 11:15 am OULA - 45 min GROUP FIT STUDIO 8 am P90X - 55 min 9 am Boot Camp - 55 min 10 am Zumba - 55 min 11 am bbarreless - 55 min CYCLE STUDIO 8 am Griz Spin - 60 min 9:10 am SPRINT - 30 min 9:50 am 80's Spin - 30 min AQUATICS 9 am Water Basketball - 60 min 10:15 am Aquamotion - 60 min
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Easter Sunday, April 1
Club Hours: 7 am- 2 pm
No Classes

SPRINT & Intervals
Classes Canceled April 7

JOIN US FOR
SUPER SATURDAY
Blue Mountain
April 7, 7:50-Noon

SUPER SATURDAY
April 7, 7:50-Noon
Blue Mountain
Everyone Welcome

 GYMNASIUM FLOOR
7:50 am Welcome
8 am BODYPUMP - 45 min
8:55 am BODY ATTACK - 45 min
9:45 am GRIT SERIES - 30 min
10:25 am BODY COMBAT - 45 min
11:15 am OULA - 45 min

 GROUP FIT STUDIO
8 am P90X - 55 min
9 am Boot Camp - 55 min
10 am Zumba - 55 min
11 am bbarreless - 55 min

 CYCLE STUDIO
8 am Griz Spin - 60 min
9:10 am SPRINT - 30 min
9:50 am 80's Spin - 30 min

 AQUATICS
9 am Water Basketball - 60 min
10:15 am Aquamotion - 60 min



Download Our Mobile App
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Class Schedules
peakmissoula.com

Cycling Class Descriptions

General Cycling Overview

Indoor cycling integrates motivating music, mind-body synergy and unparalleled training benefits. Stationary bicycles are used to simulate the effects of inertia and momentum. Whether you're a beginner or an experienced cyclist, bikes can be adjusted to meet your individual ability or physical need. Your instructor will lead you through different styles of rides focused on endurance, strength, intervals, high intensity and recovery. A total-body workout to burn calories, strengthen your cardiovascular system and increase muscular endurance.

Recommended equipment: cycling/tennis shoes, padded shorts, water bottle.

Cycle & Core (all levels)

Cardio and strength come together when simulating an outdoor ride with sprints, hill climbs and other terrain, the class ends with a variety core exercises.

Cycling Interval

Combines short, high intensity burst of speed, with slow recovery phases. This is repeated several times with variations throughout the class.

Cycle/Yoga Combo

A Fusion of 45 minutes of energetic interval cycling followed by 45 minutes of deep stretching with yoga postures.

LES MILLS SPRINT®

A 30 minute high intensity interval training (HIIT) workout using an indoor bike to achieve fast results. Features bursts of intensity where you work hard as possible, followed by periods of rest that prepare you for your next effort. The short duration will motivate you to push your physical and mental limits. A quick and hard style of training that returns rapid results with minimum joint impact that will smash your fitness goals and burn calories for hours after each workout.

Mellow Cycling (all levels)

Emphasis is on providing a fun and effective leisurely workout to the sounds of inspirational music. Warm up, cycle, cool down and stretch.

Pump, Core & Cycle (all levels)

This class starts in the Group Fit Studio for 45 minutes of strength & core and transitions to the Cycling Studio for a 45 minute ride. Come to one or both, all welcome!