



# DOWNTOWN March 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
<b>Intervals</b> 5:30 am Dan	<b>Cycle/Core</b> 6 am Tara	<b>Cycle/Yoga</b> 6:30-7:15 am Cycle 7:15-8 am Yoga Bristol/Kate	<b>*LES MILLS SPRINT</b> 5:15-5:45 pm Kammy	<b>Pump, Core &amp; Cycle</b> 8:35-10:05 am Richel	<b>*LES MILLS SPRINT</b> 8:15-8:45 am Mariah	
<b>Intervals</b> 9 am Tamara	<b>*LES MILLS SPRINT</b> 8:45-9:15 am Carole	<b>Mellow Cycling</b> 9:30 am Dan		<b>Intervals</b> 12:10-12:55 pm Rob	<b>Intervals</b> 9 am Monique/Tamara/ Bridget	
<b>Intervals</b> Noon Tamara	<b>Intervals</b> 5:30 pm Jami	<b>Intervals</b> 5:30 pm Tannis				
<b>Intervals</b> 5:30 pm Brooklyn						

**Easter Sunday, April 1**  
**Club Hours: 7 am- 2 pm**  
**No Classes**

**PEAK TRI - MAY 19**  
**Registration**  
**Opening Soon**

# 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!