



DOWNTOWN March Group Fit



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
CSI 6 am Kayli Oula 9:30 am Lizzie LES MILLS BODYPUMP 10:30 am Christy Jo * Muscle Pump 12:10-12:55 pm Tara V. LES MILLS BODYPUMP 4:30 pm Jessica Oula 5:30 pm Jen/Todd P90X 6:30 pm Bridgette	*LES MILLS GRIT STRENGTH 6-6:30 am Shannan/Alysen Bamboo Bodies Chair 9 am Angi Cardio Sculpt 10 am Agnes Rock Bottoms 11 am Agnes * Oula 12:10-12:55 pm Jen P90X 4:30 pm Justine Zumba 5:30 pm Heather	LES MILLS BODYPUMP 6 am Lynn Senior Fitness 8 am Britt Muscle Pump 9:15 am Agnes *LES MILLS GRIT SERIES 11:30 am-Noon Jessica * Muscle Pump 12:10-12:55 pm Tara V. Oula 5:30 pm Kathryn P90X Live 6:30 pm Justine	P90X 6 am Bridgette Bamboo Bodies Chair 9 am Angi Cardio Sculpt/Core 10 am Agnes Rock Bottoms 11 am Agnes *Oula 12:10-12:55 pm Tracy *LES MILLS GRIT STRENGTH 4:45-5 pm movement/ technique overview 5-5:30 pm Alysen *Oula Power 5:30-6:15 pm Amanda T.	INSANITY 6 am Bridgette Pump, Core & Cycle Meet in Group Fit Studio 8:35-10:05 am Richel *LM/BODYPUMP EXPRESS 11:15 am-Noon Jessica *Oula 12:10-12:55 pm Emily/Jen	Muscle Pump 9 am Ashley Zumba 10 am Heather Bamboo Bodies Chair 11 am Angi	Cardio Core & More 9 am Brittney/Bridgette

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

PEAK TRI - MAY 19
Registration
Opening Soon

Most Group Fitness classes are 55 minutes.
 * Express classes are either 30 or 45 minutes.
 **Please note that instructors are subject to change.



Group Fitness Class Descriptions

Bamboo Bodies Seniors	Focus on senior movement through neuro-based exercises to improve balance, range of motion and strength. In this fun and energetic class, you will stimulate the body with self-massage, strengthen with corrective exercises and improve balance through Qigong routines to create a supple and strong body.
Boot Camp (all levels)	Power, strength and agility are the name of the game in this military inspired circuit class that will push you to your limits. As you work your way through each station, you'll lunge, crunch, press and more for a full body workout.
Cardio Core & More	High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance.
Cardio Sculpt	High Energy Cardio Blast using a step, free weights, and other tools for maximum toning and calorie burning to achieve toned arms and legs, a lifted butt, and a functionally fit core.
Cardio Sculpt/Core	55 minutes of cardio sculpt and core work.
CSI Circuit Style Intervals	High energy ,calorie burning at your own pace. Works all muscle groups using body weight and props.
INSANITY	This 45-minute class is cardio intense, training your entire body with no weights required! You work in 3-5 minute segments at a higher intensity, with short breaks. Insanity instructors can help customize the workout to fit all bodies and fitness levels.
LES MILLS BODYPUMP™	This Les Mills barbell workout is for anyone looking to get lean, toned and fit-fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout, burning up to 540 calories. Instructors will coach you through moves and techniques pumping out encouragement and great music. You'll leave the class feeling challenged and motivated.
LES MILLS GRIT SERIES™	30 minute high-intensity Interval Training (HIIT) designed with short rounds of high-intensity exercise followed by periods of Strategic recovery. The secret to ultimate results is not adding more workouts to your routine, but increasing their intensity. We recommend two HIIT workouts a week as part of a balanced training plan.
Pump, Core & Cycle	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!
Muscle Pump (all levels)	Use body-bars, hand weights and interval training to target specific muscle groups and achieve optimum heart rates through high repetition and endurance based exercises. Adjust weights to meet individual needs.
Oula® (all levels)	High-energy cardio workout, easy to learn workout for people who shake their groove things when no one is watching. Open to all ages, experiences and mobility levels. Enjoy Top 40 hits, hootin' and hollering and letting it all go.
Oula® Power	45 minute conditioning class that begins with an empowering warm up, followed by high energy cardio tracks to get your heart pumping, then transitions into a series of conditioning tracks that focus on strengthening and toning using jbody weight. This class features moves from HIIT formats, Pilates, yoga and dance conditioning classes. Music is carefully selected to inspire.
Pump and Core (all levels)	High repetition to tone & sculpt. Focused on balance, core strength, muscle development to improve strength and endurance.
P90X Live	P90X a total-body, cardio & strength training class that uses body weight as well as dumbbells, bars & resistance bands. Workouts follows a sequence of training Blocks: cardio, lower body strength, upper body strength & core for a complete full-body workout. Movements within the workout can be modified to accommodate a wide range of fitness levels and abilities.
Rock Bottoms	Work the glutes and connected muscle groups from every angle to create a tight and shapely tush, toned thighs, and slender hips using free weights, barbells, and other equipment.
Senior Fitness	A standing class which includes circuits and balance exercises. All levels and abilities are welcome.
Zumba	A total workout, combining all elements of fitness; cardio, muscle conditioning, balance and flexibility through Latin style of dance.