



# DOWNTOWN May 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
<b>BODYPUMP</b> 6 am Alyssa	<b>*GRIT CARDIO</b> 6:15-6:45 am Bridgette/Alysen	<b>BODYPUMP</b> 6 am Lynn	<b>P90X</b> 6 am Bridgette	<b>INSANITY</b> 6 am Bridgette	<b>Muscle Pump</b> <b>Cancelled 5/19</b> 9 am Ashley	<b>Cardio Core &amp; More</b> <b>Cancelled 5/20</b> 9 am Justine/Bridgette
<b>Oula</b> 9:15 am Lizzie	<b>Bamboo Bodies Chair</b> 9 am Angi	<b>Senior Fitness</b> 8 am Britt	<b>Bamboo Bodies Chair</b> 9 am Angi	<b>Pump, Core &amp; Cycle</b> Meet in Group Fit Studio 8:35-10:05 am Richel	<b>Zumba</b> <b>Cancelled 5/19</b> 10 am Heather	<b>Oula</b> <b>*Moved to BM 5/20</b> 4 pm Katie/Kristin
<b>BODYPUMP</b> 10:15 am Christy Jo/Lizzie	<b>Cardio Sculpt</b> 10 am Agnes	<b>BODYPUMP</b> 9:15 am Agnes	<b>Cardio Sculpt/Core</b> 10 am Agnes	<b>**BODYPUMP</b> 11:15 am-Noon Jessica S.	<b>Bamboo Bodies Chair</b> <b>Cancelled 5/19</b> 11 am Angi	
<b>**BODYCOMBAT</b> 11:15 am-Noon Katie	<b>Rock Bottoms</b> 11 am Agnes	<b>*GRIT SERIES</b> 11:30 am-Noon Jessica S.	<b>Rock Bottoms</b> 11 am Agnes	<b>*Oula</b> 12:10-12:55 pm Todd		
<b>*Muscle Pump</b> 12:10-12:55 pm Tara V.	<b>*Oula</b> 12:10-12:55 pm Jen	<b>*Muscle Pump</b> 12:10-12:55 pm Tara V.	<b>*Oula</b> 12:10-12:55 pm Tracy			
<b>BODYPUMP</b> 4:30 pm Lori	<b>*GRIT SERIES</b> 4:30-5 pm Justine/Jessica S.	<b>Oula</b> 5:30 pm Kathryn	<b>*GRIT STRENGTH</b> 5-5:30 pm Alysen			
<b>Oula</b> 5:30 pm Jen/Todd	<b>**BODYATTACK</b> 5-5:45 pm Jessica S.	<b>P90X Live</b> 6:30 pm Justine	<b>**Oula Power</b> 5:30-6:15 pm Amanda T.			
<b>P90X</b> 6:30 pm Bridgette	<b>Zumba</b> 5:45 pm Heather					

**NO GROUP FIT CLASSES  
DOWNTOWN, MAY 19-20  
Except  
GRIT MASTER Class,  
Sat, May 19, 8:30 am  
Everyone Welcome  
Register at DT Service Desk  
Cycle Schedule as is**

**DT JUNGLE CLOSED  
Memorial Weekend  
May 26-28  
Monday, May 28  
Memorial Day  
Club Hours: 5 am-2 pm  
NO CLASSES**

Most Group Fitness classes are 55 minutes.

\* Express class 30 minutes

\*\*Express class 45 minutes.

Please note that instructors are subject to change.



Download Our Mobile App  
Or Visit Our Website For  
Class Schedules  
peakmissoula.com

# Group Fitness Class Descriptions

<b>Bamboo Bodies Chair</b>	Focus on senior movement through neuro-based exercises to improve balance, range of motion and strength. Stimulate the body with self-massage, strengthen with corrective exercises and improve balance through Qigong routines.
<b>LES MILLS BODYATTACK</b>	Combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.
<b>LES MILLS BODYCOMBAT</b>	Martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.
<b>LES MILLS BODYPUMP™</b>	A barbell workout to get lean, toned and fit-fast. Use light to moderate weights with lots of repetition. Burning up to 540 calories. Instructors will coach you through moves and techniques pumping out encouragement and great music.
<b>Cardio Core &amp; More</b>	High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance.
<b>Cardio Sculpt</b>	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.
<b>Cardio Sculpt/Core</b>	55 minutes of cardio sculpt and core work.
<b>CSI Circuit Style Intervals</b>	High energy ,calorie burning at your own pace. Works all muscle groups using body weight and props.
<b>LES MILLS GRIT SERIES™</b>	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.
<b>INSANITY</b>	45-minute cardio intense, training your entire body with no weights required! Work in 3-5 minute high intensity segments with short breaks. Insanity instructors can help customize the workout to fit all bodies and fitness levels.
<b>Pump, Core &amp; Cycle</b>	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!
<b>Muscle Pump (<i>all levels</i>)</b>	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.
<b>Oula® (<i>all levels</i>)</b>	High-energy cardio workout, easy to learn workout for people who shake their groove thangs 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.
<b>Oula® Power</b>	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.
<b>Pump and Core (<i>all levels</i>)</b>	High repetition to tone & sculpt. Focused on balance, core strength, muscle development to improve strength and endurance.
<b>P90X Live</b>	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.
<b>Rock Bottoms</b>	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.
<b>Senior Fitness</b>	A standing class which includes circuits and balance exercises. All levels and abilities are welcome.
<b>Zumba</b>	A total workout, combining all elements of fitness; cardio, muscle conditioning, balance and flexibility through Latin style of dance.