

JULY

Blue Mtn/Racquet Club Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Cycle		Cycle Intervals			
5:45 AM	** Gym Class Heroes	** PEAK Strength	** Gym Class Heroes	** PEAK Strength	** Gym Class Heroes		
6:00 AM		Lap Swim/3 Lanes	Vinyasa Yoga	Lap Swim/3 Lanes			
6:15 AM		Sunrise Yoga		Sunrise Yoga			
8:00 AM	BODYPUMP	Cycle	Pump & Core	BODYPUMP Cycle		*GRIT SERIES Griz Spin	
8:30 AM			*Body 401K class modified July 17-25		*Body 401K class modified July 17-25	8:35 am **Bootcamp 7/14 & 7/28	
9:00 AM	Step & Sculpt	Oula	Step	CSI	Step & Sculpt	9:20 am **BODYPUMP	
	Aqua Burn	Pilates	Aqua Burn				
	Pilates		Bamboo Bodies class modified July 17-25	Bamboo Bodies class modified July 17-25			
10:00 AM	Sr. Circuit	10:05 Cycle Intervals	Intro to Oula	Aquamotion	Oula	10 am-1 pm Swim Lessons	
	Sr. H2O Aerobics Pool	Aquamotion					
			Lap Swim/2 Lanes		Barre		
10:15 AM						Oula ***Yoga	
10:30 AM	***All Levels Yoga	Sr. Muscle Strength	*Sr. Cycle	Sr. Muscle Strength	10:30 am-1 pm Swim Lessons		
		10:30-1 Swim Lessons	10:30-1 Swim Lessons	10:30-1 Swim Lessons			
11:00 AM	Line Dance	Tai Chi Qi Gong - July 24, 31	Sr. Stretch	Tai Chi Qi Gong - July 26	Sr. Chair Yoga		***Restorative Yoga
NOON	Oula	PEAK Strength	*Cycle	Pilates	PEAK X-treme ***Vinyasa Yoga		
	*Cycle		Coached Laps				
	Gentle Yoga		***Vinyasa Yoga				
12:30 PM	*Circuit Training Gym Floor		*GRIT: 7/18 *CSI: 7/11, 7/25			NO CLASSES	
1:00 PM	Sr. H2O Aerobics		Sr. H2O Aerobics		Sr. H2O Aerobics		
4:00 PM	4-7 pm Swim Lessons	Swim Team	4-7 pm Swim Lessons	Swim Team			
		4-7 pm Swim Lessons		4-7 pm Swim Lessons			
4:30 PM	BODYPUMP	Abs & More		Abs & More			
5:00 PM			* GRIT SERIES	Tri Swim			
5:15 PM		***Yin Yoga		***Yin Yoga			
5:30 PM	Pilates	Oula	5:35 PM BODYPUMP	Oula			
		Hot Laps					
		Cycle Interval	**Pilates Express				
6:15 PM			***Vinyasa Yoga	Tri Cycle			
6:30 PM	Vinyasa Yoga	**Barre		**Barre			
7:15 PM				** Tri Run			
Open Swim	7:30-10 pm	7:30-10 pm	7:30-10 pm	7:30-10 pm	2-10 pm	10 am-8 pm	7 am-8 pm

NO CLASSES

Location Key

- Group Fit Studio
- Cycling Studio
- Pool
- Silver Sneakers/Sr.
- Mind & Body Studio

Mind & Body located in Racquet Club
exception: Sr. Chair Yoga
Classes are 55 minutes unless indicated
* Class is 30 minutes
** Class is 45 minutes

Mon-Fri 5 am-10 pm / Sat-Sun 7 am-8 pm

4th of July Club Hours: 5 am-2 pm NO CLASSES JULY 3-5
Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960



JULY

Blue Mtn/Racquet Club Classes

Aquatics

Adults Only Hours: Monday-Thursday, 5-7 pm. Children in PEAK Swim Team and Lessons are the only exception.

Aqua Burn (All Levels): A moderate to high intensity workout focused on calisthenics and toning in deep and shallow water.

Aquamotion (All Levels): Will get you moving! Focused on cardio and endurance in deep and shallow water.

Coached Adult Lap Swim (All abilities welcome): Coached workouts for swimmers of all fitness goals and abilities. If you can swim 25 yards and want to improve your swim endurance/ times/ technique. Lanes are organized by ability, speed, and training level. All lanes reserved.

Lap Swim 2-3 lanes open, except during Adult Swim, Tri Training and Swim Team practice; all lanes reserved. No lap swimming in open half of pool during lessons & classes.

Open Swim: A great time to bring your children for a family swim. **Lessons, Classes, and Rentals have priority use of the pool.** Disruptive swimmers will be asked to leave.

Swim Lessons (Ages 2-Adult): Learn comfort and skills for all ages in a small group or private lesson.

August Session: August 6-30. Registration opens: Monday, July 23, pre-registration and payment required. Contact Tanner Thames: 251-3344 ext 225, tanner@peakmissoula.com

Swim Team Session June 19-August 23: Registration open. Sun Rays is a non-competitive team that introduces kids to work together and listen to a coach while executing skills, drills & strokes to improve mechanics and endurance. Participants must pass level 5 lessons or try out. Tuesday & Thursday, 4-5 pm. Contact: tanner@peakmissoula.com.

Tri Training (all levels): Work on your speed, form and endurance. Start in the pool, transition to cycling, finish with a run. Come to one, two or all three events.

Water Basketball: Have fun and get a great endurance workout with a pick-up game of water basketball. Games are held in the deep end of the pool. Be ready to tread water. Fin use welcome.

Water Power: A quick, high-powered, full body workout in just 55 minutes! Cardio & functional strength training.

Cycling

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. Bikes can be adjusted to meet individual ability or physical need. 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 cardiovascular system and increase muscular endurance. **Recommended equipment: cycling/tennis shoes, padded shorts, water bottle.**

Intermediate to Advanced Level Classes: Classes are not exclusive to the experienced rider, as they can be self-regulated and the bikes adjusted to meet the individual ability of the novice or beginner.

Cardio 20/20/20 (all levels): This class includes three 20 minute intervals including cycling, circuit training and core training. This is a workout to produce total body results.

Cycle & Circuit (all levels): Cardio and strength come together simulating an outdoor ride with sprints, hill climbs and other terrain, the class ends with a variety of circuit exercises on gym floor.

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

Cycle Pump (intermediate to advanced): Start this ride with fast paced cycle intervals, then move on to the finish line with a challenging array of resistance training exercises.

Cycle Pump & Core: Start with 45 minute ride with fast paced cycle intervals, then move on to 45 minutes of a challenging array of resistance training exercises. Do one or both.

Griz Spin(intermediate to advanced): This one is the instructor's choice. Burn calories while improving cardiovascular endurance and muscular strength.

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.

Tri Training (all levels): Work on your speed, form and endurance with certified triathlon instructor, Rob. Start in the pool, transition to cycling, finish with a run. Come to one, two or all three.

Group Fit

Abs and More (all levels): A variety of exercises to tone, strengthen and define abdominals. Additional muscle groups routinely added.

CSI Circuit Style Interval (all levels): High energy calorie burning at your own pace. Works all muscle groups using body weight and props.

Gym Class Heroes (intermediate to advanced): Incorporates calisthenics, running, jumping, and weight lifting done at *high intensity*, short intervals.

Hot Laps (all levels): Bring out the runner in you. This running/conditioning program focusing on drills to help assist with speed, endurance, agility and stride. Beginners will learn running fundamentals while novice and advance runners will train to increase speed and efficiency.

LES MILLS BODYPUMP™: Les Mills barbell workout is for anyone looking to get lean, toned and fit-fast. Using light to moderate weights with lots of repetition will give 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.

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® & Intro to Oula® (all levels): High-energy cardio, easy to learn workout for people who shake their groove thangs. Open to all ages, experiences & mobility levels. Enjoy Top 40 hits, hootin' & hollering and letting it all go. Intro to Oula® will breakdown moves that you see in Oula®.

PEAK X-treme (intermediate to advanced): Cardio based total body conditioning with plyometric drills and strength, power, and resistance intervals.

Pump and Core (all levels): High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance.

Senior Fit & Senior Stretch(all levels): Geared for people over 50, great for anyone. Get moving (at your own level) then challenge cardio, balance, flexibility and muscle strength using dumbbells, resistance bands and balls. Stretching exercises are performed either in a chair or standing. Stretching increases your flexibility and freedom of movement.

Senior Chair Yoga: Geared for people over 50, seeking to improve range of motion, flexibility and respiration. The ability to get up or down from the floor is not required.

Step (all levels): Distinguished from other forms of aerobic exercise by its use of an elevated platform (the step). Step height can be adjusted to meet your individual fitness level. Step combines endurance and strength training.

Step and Sculpt (intermediate to advanced): High-energy total body workout alternating step choreography with muscle conditioning.

Tri Training (all levels): Work on your speed, form and endurance. Start in the pool, transition to cycling, finish with a run. Come to one, two or all three.

Mind & Body

August 3-7, Racquet Club Mind & Body class schedule modified due to Yoga Training. Downtown Mind & Body Classes are as scheduled.

For more information contact Stephanie Peabody: stephanie@peakmissoula.com.

All Levels/ Continuing Yoga: 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.

Bamboo Bodies (all levels): A strength conditioning class, rejuvenate and recondition the body through Qigong and corrective exercises. Better your balance and discover internal energy training with focused movement and breath, barefoot work, weight-bearing exercises and self-massage.

Barre(all levels): A fusion of ballet, yoga, and Pilates. Focus is on combining cardio and flow elements of ballet with toning benefits of Pilates and yoga for an energetic and challenging workout. Class size is limited to 18 participants.

Barre-less (all levels): It's barre without the barre! Classic barre exercises have been adapted to be performed in the center of the room either standing or on the floor using theraband. You will challenge the core for balance and total body proprioception.

Beginning Vinyasa: Introduces class to the link between breath and movement while improving strength and flexibility.

Beginning Yoga: A gentle series of exercises performed in a slow and controlled way. The focus of this class is increasing strength, flexibility, and balance.

Body 401K (all levels): Learn self-massage and self-care techniques that you can do at home to keep you doing the things you love while staying balanced and healthy.

Gentle Yoga (all levels): 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 (all levels): 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.

Restorative Yoga (all levels): Uses props to help body relax into poses held for several minutes to encourage passive stretching.

Tai Chi (all levels): A mindful practice and low-impact exercise. It can be done by anyone who can walk. Tai Chi improves balance, cardiovascular endurance, strength and posture.

Vinyasa Yoga (all levels): 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.

Yin Yoga (all levels): A synthesis of traditional yoga and eastern approaches to healing and well-being. Through sustained holds, in the floor postures of the Yin Yoga tradition we are able to bring healing to our organs, and the connective tissues of the body.

Silver Sneakers/Seniors

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends! Classes are located at Blue Mountain unless indicated. **Blue Cross/Blue Shield, Sterling, Cigna or Humana and other insurances may save you money on your club membership. Contact our**

Membership Team if your insurance supports Silver Sneakers or Silver & Fit Programs, 251-3344.

Senior Chair Yoga: This class is for participants looking to improve range of motion, flexibility and respiration.

Senior Cycle: 30 minutes of cycling cardio at a low-moderate intensity. Please bring a water bottle.

Senior Fitness: A standing class which includes circuits and balance exercises. All levels and abilities are welcome.

Senior Muscle Strength: This program is a combination of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All levels and abilities welcome.

Senior Water Aerobics: A low impact, moderate intensity workout focused on toning, range of motion and strengthening.