

# JULY

# Downtown Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Cycle Intervals						
6:00 AM	BODYPUMP	Cycle/Core **Barre	BODYPUMP	P90X	INSANITY		
6:15 AM		*GRIT CARDIO					
6:30 AM	***Pilates						
7:30 AM		***Slow Morning Yoga		***Yin Yoga			
8:00 AM			Senior Fitness			* SPRINT	
8:30 AM					Cycle		
9:00 AM	***Foam Roller/Yoga	Bamboo Bodies Chair Class Modified July 17-25	***Align & Refine	Bamboo Bodies Chair Class Modified July 17-25	Barre-less	PEAK Strength Bambo Bodies Class Modified July 17-25	* GRIT SERIES
9:15 AM	Oula	Pilates	** PEAK Strength	Pilates			
9:30 AM			Mellow Cycling				
10:00 AM		Cardio Sculpt		Cardio Sculpt/Core		Zumba	
10:15 AM	BODYPUMP					***Vinyasa Yoga	
10:30 AM	***Gentle Yoga	***Vinyasa Yoga	***Vinyasa Yoga	***Vinyasa Yoga	***Vinyasa Yoga		
11:00 AM		Rock Bottoms		Rock Bottoms		Bamboo Bodies Chair Class Modified July 17-25	
11:15 AM	** BODYCOMBAT				**BODYPUMP		***Restorative Yoga
11:30 AM			*GRIT SERIES				
NOON	Cycle Intervals				**Cycle Intervals		
12:10 PM	** PEAK Strength **Barre	**Oula **Pilates	** PEAK Strength **Pilates	**Oula **Barre	**Oula **Pilates		
4:00 PM	***Prenatal Yoga	***Yoga for Stiff Bodies		Yoga for Stiff Bodies			Oula ***Sunday Night Yoga
4:30 PM	BODYPUMP	*GRIT SERIES					
5:00 PM		** BODYATTACK		*GRIT STRENGTH			
5:30 PM	Oula Cycle Intervals Barre-less	Pilates	Oula Cycle Intervals Bamboo Bodies Class Modified July 17-25	**Oula Power *SPRINT Pilates			
5:45 PM		Zumba					
6:30 PM	P90X ***Vinyasa Yoga	***Vinyasa Yoga	Body 401K Class Modified July 17-25				



### Location Key

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

Classes are 55 minutes unless indicated  
 \* Class is 30 minutes  
 \*\* Class is 45 minutes  
 \*\*\* Class is 1 hour 15 minutes  
 \*\*\*\* Class is 1 hour 30 minutes

Monday-Friday, 5 am-10 pm / Saturday-Sunday, 7 am-8 pm

**July 4 Club Hours: 5 am-2 pm NO CLASSES JULY 3-5**

Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960

**No Classes July 3-5**

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## Cycling

**General Cycling Overview:** 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.

**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.

### 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!

## Group Fitness

**LES MILLS BODYATTACK:** Combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**LES MILLS BODYCOMBAT:** Martial arts-inspired with non-contact/no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**LES MILLS BODYPUMP:** 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 moves and techniques pumping out encouragement and great music.

**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.

**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.

**INSANITY:** 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.

**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!

**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 body weight. This class features moves from HIIT formats, Pilates, yoga and dance conditioning classes. Music is carefully selected to inspire.

**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.

**Zumba:** A total workout, combining all elements of fitness; cardio, muscle conditioning, balance and flexibility through Latin style of dance.

## 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](mailto:stephanie@peakmissoula.com).**

**Align & Refine (all levels):** An alignment-based class will balance your muscles and bones, head to toe, with an emphasis on āsana (postures) awareness, healthy body positioning and breathing practices.

**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.

**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.

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

**Gentle Yoga (all levels):** A well rounded moderate yoga class with a daily meditation, seated and standing postures, strengthening balance poses & time for renewal.

**Foam Roller/Yoga:** All levels yoga with foam rolling of different muscle groups to bring the body into balance.

**Pilates (all levels):** A contemporary, anatomically based approach to the mind-body exercise developed by Joseph Pilates. Focus is on stability and/or mobilizing the spine and pelvis while improving functional strength, flexibility, endurance and posture.

**Pre/Postnatal:** Focus on strengthening upper body and hip opening for birth. Special modifications and instruction for trimester and 6 week postpartum moms. Free to members, \$10 per class for guest.

**Restorative Yoga:** A healing blend of gentle yoga combined with longer held yin & restorative postures. A wonderful way to find stress relief through mindfulness, breathing and gentle body movements.

**Slow Morning Yoga (all levels):** Slow paced class focusing on muscle synergy and breath.

**Sunday Night Yoga:** Class starts with a longer warm up followed by classical Vinyasa flow and ends with 30-40 minutes of restorative.

**Vinyasa Yoga (all levels):** A powerful combination of strength conditioning with yoga flow. The poses will tone every muscle using body weight and/or weights.

**Yoga For Stiff Bodies (all levels):** Yoga for the inflexible and stiff bodies.

## 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.

**Bamboo Bodies Chair:** Focus on 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.

**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.