

# December 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 *SPRINT	** PEAK Strength	** Gym Class Heroes		
6:15 AM		Sunrise Yoga					
6:00 AM		Coached Lap/3 Lanes	Vinyasa Yoga	Coached Lap/3 Lanes			
8:00 AM	BODYPUMP	Cycle	Pump & Core	Cycle	BODYPUMP	*GRIT Griz Spin	
8:30 AM			*Body 401K		*Body 401K	8:35 BODYPUMP	
9:00 AM	Step & Sculpt	Oula	Step	CSI	Step & Sculpt	H2O BBALL	
	Aqua Burn	Coached Lap/3 Lanes	Aqua Burn	Coached Lap/3 Lanes	Cycle Pump		
	Cycle	Pilates	Lap Swim/2 Lanes	Pilates	Bamboo Bodies		
	Pilates		Bamboo Bodies				
10:00 AM	Sr. Circuit	10:05 Cycle Intervals	Intro to Oula	Aquamation	Oula	9:45 Oula	
		Aquamotion			Sr. H2O Aerobics		
	Sr. H2O Aerobics Pool	Lap Swim/2 Lanes	Sr. H2O Aerobics Pool		Lap Swim/2 Lanes	10-11:30 am Coached Lap Entire Pool	
		Barre			Barre		
10:15 AM						***Yoga	
10:30 AM	***All Levels Yoga	Sr. Muscle Strength	*Sr. Cycle ***All Levels Yoga	Sr. Muscle Strength			
11:00 AM	Line Dance	Tai Chi	Sr. Stretch	Tai Chi	Sr. Chair Yoga		***Restorative Yoga
NOON	Oula	PEAK Strength	*Cycle	PEAK Strength	PEAK X-treme		
	*Cycle						
	Coached Laps		Coached Laps	Pilates	***Vinyasa Yoga		
	Gentle Yoga		***Vinyasa Yoga				
12:30 PM	*Circuit Training Gym Floor		*GRIT-odd/CSI-even				
1:00 PM	Sr. H2O Aerobics		Sr. H2O Aerobics		Sr. H2O Aerobics		
3:30 PM	3:30-7 pm Swim Lessons	3:30-7 pm Swim Lessons	3:30-7 pm Swim Lessons	3:30-7 pm Swim Lessons			
4:00 PM		4:20 Swim Team		Swim Team			
4:30 PM		Ⓜ BODYPUMP	*SPRINT	Abs & More			
4:45 PM	Ⓜ**PEAK Bootcamp						
5:00 PM			* GRIT	Tri Swim			
5:15 PM	Coached Laps	***Yin Yoga	Coached Laps	***Yin Yoga			
5:30 PM	5:35 BODYPUMP	Oula	5:35 BODYPUMP	BODYATTACK			
		Hot Laps	****Road Profiles				
	*SPRINT	Aquamotion	**Pilates Express No Class 11/14	Aquamotion			
	Pilates	Cycle Interval	***Vinyasa Yoga No Class 11/14	Tri Cycle			
6:15 PM							
6:30 PM	6:35 * GRIT	**Barre	6:35 Oula	Ⓜ PEAK Bootcamp			
	Vinyasa Yoga			**Barre			
7:15 PM				** Tri Run			
Open Swim	7:30-9:30 pm	7:30-9:30 pm	7:30-9:30 pm	7:30-9:30 pm	2-9:30 pm	11:30 am-7:30 pm	7 am-7:30 pm

## 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

\*\*\* Class is 1 hr 15 minutes

\*\*\*\*Class is 1 hr 30 minutes



Monday-Friday, 5 am-10 pm  
Saturday & Sunday, 7 am-8 pm  
peakmissoula.com

**Saturday, December 8, Early Club Closure, 5 pm**  
For staff Christmas party

**Christmas Eve Day Club Hours: 5 am-2 pm**

**Christmas Day: Closed**

**New Year's Eve Club Hours: 5 am-8 pm**

**New Year's Day: 7 am-10 pm**

**No Classes, December 24-26,**

**No Classes, December 31, after 1 pm**

**Jungle Closed: December 24-26, December 31 & January 1**

🎄 Body 401K Cancelled 12/7, 21, 28  
Bamboo Bodies Format Change  
12/7 - Yoga, 12/21 & 28 - Pilates

Ⓜ Look for previews of a brand new core class, CXWORX (coming January 2019) in this time slot during the month of December.

Ⓜ New Class

# December 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.

**December Session: 2 week session private classes only. Pre-registration and payment required. Contact Tanner Thames: 251-3344 ext 225, tanner@peakmissoula.com**

**Fall Swim Team: 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

**Cycle:** This class combining a variety of cycling and a weight lifting sets sure to build your body and mind.

**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.

**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.

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

**Road Profiles: (all levels)** Want to improve your riding strength, technique and endurance? A variety of riding profiles will be offered with a focus on proper technique and mechanics of riding. Profiles will include intervals, uphill, downhill, time trial efforts, sprints. **Virtual "Video" rides the last Wed. of the month.** 2 water bottles recommended.

**SPRINT:** A 30 minute high intensity interval training (HIIT) workout on a bike. Want to build endurance for your long rides? Train intervals. Maximum effort will smash your fitness goals and build your endurance like you never imagined.

**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.

**BODYATTACK (all levels):** High energy, sports-inspired cardio endurance training. Work strength, cardio & agility. Novice to advanced athlete will reap the benefits of this steady state training format.

**BODYPUMP (all levels):** The original barbell workout. BODYPUMP is 25+ years old. Use barbells, plates, and benches to build lean muscle throughout your entire body. Low weight + high repetition will fatigue one muscle group at a time and leave you wanting more.

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

**CXWORX:** 30 min core conditioning class. Use resistance bands & weights to strengthen entire core. Class is a zero impact & intensity of your choosing. CXWORX is a preview class with classes to be added in Jan.

**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.

**GRIT (intermediate to advanced):** Short on time? 30 minutes of HIIT is just what you need. The secret to becoming fitter faster is interval training. Short bursts of work followed by minimal recovery will send your heart rate into overdrive and leave your body burning calories up to 16 hours post exercise (the EPOC effect).

**PEAK Strength (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 workout that combines the depth and soulfulness of a mind body practice with the carefree playfulness of a living room dance party. It's not about what it looks like, it's about how it feels.

**NEW PEAK Bootcamp (all levels):** Interval & circuit training that combines athletic movement, drills and muscle conditioning exercises to improve cardio, agility & muscular endurance. Bring a guest for FREE for the month of November with 3 non-parishables for Missoula Food Bank.

**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

**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. Get fit, have fun, make friends! 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:** Combination of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All levels and abilities.

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

## Fit To Fight Next Session January 7

Fit to Fight is a free exercise based cancer support program that runs three, 8-week sessions per year, Fall, Winter & Spring. Sessions are designed and supervised by a Physical Therapist. For more information contact Alpine PT; 251-2323 or fittofight.org.