<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>5:30 AM</td>
<td><strong>Gym Class Heroes</strong></td>
<td>Cycle</td>
<td>Cycle Intervals</td>
<td><strong>Gym Class Heroes</strong></td>
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<td>5:45 AM</td>
<td><strong>PEAK Strength</strong></td>
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<tr>
<td>6:00 AM</td>
<td>Coached Lap/3 Lanes</td>
<td>Vinyasa Yoga</td>
<td>Coached Lap/3 Lanes</td>
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<td>8:00 AM</td>
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<td>8:30 AM</td>
<td><strong>Body 401K</strong></td>
<td><strong>Coached Lap/4 Lanes</strong></td>
<td><strong>Body 401K</strong></td>
<td><strong>Coached Lap/4 Lanes</strong></td>
<td><strong>Body 401K</strong></td>
<td><strong>8:35 BODYPUMP</strong></td>
<td><strong>8:35 BODYPUMP</strong></td>
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<tr>
<td>9:00 AM</td>
<td><strong>Aquacise Cancelled 6/10</strong></td>
<td><strong>Step &amp; Sculpt</strong></td>
<td><strong>Aquaburn/Vball</strong></td>
<td><strong>Step &amp; Sculpt</strong></td>
<td><strong>Pick up H2O BBALL</strong></td>
<td><strong>Pick up H2O BBALL</strong></td>
<td><strong>Pick up H2O BBALL</strong></td>
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<tr>
<td>10:00 AM</td>
<td>Sr. Strength Advanced Cycle Intervals</td>
<td>Intro to Oula</td>
<td>Aquabeat</td>
<td><strong>Barre</strong></td>
<td><strong>Lap Swim/2 Lanes</strong></td>
<td><strong>Lap Swim/2 Lanes</strong></td>
<td><strong>Lap Swim/2 Lanes</strong></td>
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<tr>
<td>10:15 AM</td>
<td><strong>Sr. Cycle</strong></td>
<td></td>
<td><strong>Oula</strong></td>
<td><strong>9:45 Oula</strong></td>
<td><strong>AquaCore &amp; Stretch</strong></td>
<td><strong>AquaCore &amp; Stretch</strong></td>
<td><strong>AquaCore &amp; Stretch</strong></td>
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<tr>
<td>10:30 AM</td>
<td>*<strong>All Levels Yoga</strong></td>
<td>Sr. Muscle Strength</td>
<td>*<strong>All Levels Yoga</strong></td>
<td>Sr. Muscle Strength</td>
<td><strong>Tai Chi</strong></td>
<td><strong>Tai Chi</strong></td>
<td><strong>Sr. Chair Yoga</strong></td>
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<tr>
<td>11:00 AM</td>
<td>Line Dance</td>
<td><strong>Sr. Stretch</strong></td>
<td>Tai Chi</td>
<td><strong>Sr. Stretch</strong></td>
<td><strong>Sr. Chair Yoga</strong></td>
<td><strong>Sr. Chair Yoga</strong></td>
<td><strong>Sr. Chair Yoga</strong></td>
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<td></td>
<td>Pick up H2O Beachball</td>
<td>11-1 Swim Lessons</td>
<td>11-noon Swim Lessons</td>
<td>Hydro Deep</td>
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<tr>
<td>NOON</td>
<td><strong>Oula</strong></td>
<td><strong>Cycle</strong></td>
<td><strong>PEAK Strength</strong></td>
<td><strong>Cycle</strong></td>
<td><strong>PEAK Strength</strong></td>
<td><strong>PEAK Strength</strong></td>
<td><strong>PEAK X-treme</strong></td>
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<td><strong>Gentle Yoga</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Coached Laps</strong></td>
<td><strong>Pilates</strong></td>
<td><strong>Pilates</strong></td>
<td>***<strong>Vinyasa Yoga</strong></td>
<td>***<strong>Vinyasa Yoga</strong></td>
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<td>12:30 PM</td>
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<td><strong>GRIT</strong></td>
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<tr>
<td>1:00 PM</td>
<td>AquaMove &amp; Stretch</td>
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<td>AquaMove &amp; Stretch</td>
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<td>3:30 PM</td>
<td><strong>3:30-7 pm Swim Lessons</strong></td>
<td><strong>3:30-7 pm Swim Lessons</strong></td>
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<td><strong>3:30-7 pm Swim Lessons</strong></td>
<td><strong>Swim Team</strong></td>
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<td>4:00 PM</td>
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<td><strong>4:20 Swim Team</strong></td>
<td><strong>Swim Team</strong></td>
<td><strong>Abs &amp; More +</strong></td>
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<td>4:45 PM</td>
<td><strong>PEAK Bootcamp</strong></td>
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<td><strong>CXWORX</strong></td>
<td><strong>GRIT</strong></td>
<td><strong>Tri Swim</strong></td>
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<td>*<strong>Yin Yoga</strong></td>
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<td>6:30 PM</td>
<td><strong>6:35 GRIT</strong></td>
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<td>Open Swim</td>
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**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**

* M & B RACQUET CLUB
** WEDNESDAY, JUNE 12 & THURSDAY, JUNE 14
8:30 am - Body 401K Cancelled
9 am - Bamboo Bodies replaced with Yoga/Pilates
THURSDAY, JUNE 27
11 am - Tai Chi replaced with Bamboo Bodies

July 3, No Classes after 1 pm
July 4, Club Hours: 5 am-2 pm No Classes
July 5, No Classes
Aquatics

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

Aquacise (all levels): Water aerobic conditioning to adapt to your cardiovascular ability. Toning and strengthening movement done in both deep and shallow water with use of water noodles and water bouy weights.

Aquabeat: High intensity, vigorous aerobic exercises done to music, vigorous endurance and strengthening in shallow and deep water.

AqualBurn/VBall (all levels): 30 minutes of cardio and strengthening work incorporating waterbury weights, water noodles and kick boards followed by 30 minutes of water volleyball.

Aquacore & Stretch: Low impact, gentle motions to improve balance, coordination, core strength and flexibility.

Aquamotion: Cardiovascular movement focused on endurance and strength in shallow Andy, deep water.

AqualMove & Stretch: Low impact, moderate intensity cardiovascular movement, with a focus on toning, strengthening, range of motion and stretching.

AqualPower: High intensity, vigorous intervals switching from aerobic endurance to muscle strengthening in shallow and deep 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.

HydroDeep: A fun, dynamic workout while suspended in the deep water with no impact. The workout combines cardio development with strength building while using equipment. Exercise is set to music.

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 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 4:20-5:20 pm & Thursday, 4-5 pm. Contact: tanner@peakmissoula.com.

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 events.

Basketball: 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.

Cycling

Cycle: This class combines 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.

Graz 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 road profiles will be offered with a focus on proper technique and mechanics of riding. Profiles will include intervals, ups, downs, hill time trials, sprints.

SPRINT: A 30 minute high intensity interval training (HIIT) workout on the bike. Want to build your 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.

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.

CWXWORK: 30 min core conditioning class. Use resistance bands & weights to strengthen entire core. Class is a zero impact & intensity of your choosing.

Group 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, hands 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 Outa (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 cardiac, balance, flexibility and muscle strength using dumbbells, resistance bands and balls. Stretching exercises are performed either in a chair or standing. Strengthen 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): Distihuished from other forms of aerobic excercise 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 Bodilie (all levels): A strength conditioning class, rejuvenates and recovers the body through Qigong and corrective yoga. 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 15 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 the safe and healthy way to get in shape that really works for 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.

Seasonal Vinyasa (all levels): Yoga flow class appropriate for all levels that changes its focus based on the season because as the seasons change, so do we.

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 Muscle Strength: A standing class which includes circuits and balance exercises. Not recommended for beginners.

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