

September **OUTDOOR CLASS SCHEDULE (OD)**

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am	Oula - 45	Oula	BODYPUMP- 45	Cycle-45		GRIT CARDIO 30	Oula
		Cycle-45		Oula			
9 am	BODYPUMP	TONE-45		TONE-45			
9:30 am						BODYPUMP	
10 am					Oula		
NOON			Cycle-30		PEAK Extreme		
5:30 pm	BODYPUMP	GRIT-30	BODYPUMP	GRIT-30			
	SPRINT CYCLE-30	Cycle	SPRINT CYCLE-30				

Outside Class Location Key

Group Fit: Racquet Club Outdoor Pickleball Courts **Cycling:** Blue Mountain outside patio
***Please check-in at the Service Desk before going to class.**

NO CLASSES SEPTEMBER 5-7, LABOR DAY WEEKEND / LABOR DAY CLUB HOURS: 5 AM-2 PM

Classes may be moved indoors or cancelled due to inclement weather, low participation and/or instructor availability.

Space is limited, so please sign up to reserve your spot for all our group fit, mind & body and aquatic classes with our new **MINDBODY app**. Use the QR code for quick reference.

Search **PEAK Health & Wellness Missoula** to reserve/view schedules
 OR

Visit peakmissoula.com/Classes/Fitness & Aquatic Class Signup.

Select class & book/create an account.



Outdoor classes are open to ALL PEAK Members, including Downtown Members, during Covid-19 restrictions. Sorry, no guests at this time.

***All members must check-in at the Service Desk before going to class.**

For adjusted club hours per locations visit peakmissoula.com or call.
 Blue Mountain: 251-3344 Racquet Club: 251-3356 Downtown: 317-1960

Outdoor Class Schedule

GROUP FIT

BODYPUMP: LES MILLS BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories**. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music - helping you achieve much more than on your own!

CXWORX: LES MILLS CXWORX is a 30-minute core-training workout that uses your body weight, resistance tubing and weights to tighten and tone your midsection. Exercises are designed to improve your functional strength for better mobility and injury prevention.

GRIT CARDIO: LES MILLS speed, speed and more speed! A variety of full body movements that will get you fit, fast. Integrated training for arms, legs and core. No equipment in this format. Not recommended for pregnant participants.

GRIT STRENGTH: LES MILLS focus on load and range to elevate the heart rate. Use bars, plates and body weight movement exercises to build strength you didn't know was possible.

Oula: Oula is a 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.

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

TONE: LES MILLS TONE is the perfect blend of cardio, strength and core training. You will find yourself moving on the beat, off the beat, or somewhere in between. The intensity level is completely up to you! Movement is catered to YOUR fitness level, either high impact, or low impact. Equipment is limited to plates and resistance bands.

CYCLE

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

Cycle-30: 30 minute cycling class. Sure to get your heart pumping.

SPRINT: LES MILLS 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.