

# December **DOWNTOWN CLASS SCHEDULE (DT)**

| Time/Day | Monday           | Tuesday                  | Wednesday        | Thursday                | Friday  | Saturday         | Sunday |
|----------|------------------|--------------------------|------------------|-------------------------|---|------------------|--------|
| 6 am     |                  | GRIT-30                  | TONE-45          | BODYPUMP                | Met Con   |                  |        |
| 8 am     | Senior Fitness   |                          | Senior Fitness   |                         |   | BODYATTACK 45    |        |
| 9 am     | OULA             |                          | PEAK Strength    | Bamboo Bodies Basics 45 | BODYPUMP  | Bamboo Bodies-45 |        |
|          | Yin Yoga         |                          | Gentle Yoga      |                         |   |                  |        |
| 9:30 am  |                  |                          | Mellow Cycle     |                         |   |                  |        |
| 10 am    | BODYPUMP         |                          |                  |                         |   | OULA             |        |
| 10:30 am |                  | Vinyasa Yoga             | TONE-45          | Vinyasa Yoga            | Vinyasa Yoga  | Vinyasa Yoga     |        |
| 11 am    |                  |                          |                  |                         | GRIT/CX/FLEX  |                  |        |
| 12:10 pm | PEAK Strength 45 | OULA-45                  | PEAK Strength 45 | OULA-45                 | Mat Pilates-45  |                  |        |
|          |                  |                          |                  | BARRE-45                | *12:15 OULA-45  |                  |        |
| 4:30 pm  | BODYPUMP         | GRIT STRENGTH            | BODYPUMP         | BODYATTACK 45           |   |                  |        |
| 5:30 pm  | 5:15 Cycle 45    | Hybrid BODYATTACK/ CX-45 | BODY FLOW        | CXWORX-30               | <b>Downtown Location Key</b><br><br><br> |                  |        |
|          | Vinyasa Yoga     |                          |                  | Pilates/Yoga Combo      |   |                  |        |
|          |                  |                          |                  | Mat Pilates             |   |                  |        |
| 5:45 pm  | OULA             |                          | OULA             |                         |   |                  |        |



## **Christmas Schedule**

**Thursday, December 24, Christmas Eve Club Closure: 2 pm**

**NO MIND & BODY CLASSES**

**NO GROUP FIT CLASSES after 1 pm**

**Christmas Day: Club Closed**

Space is limited, so please sign up to reserve your spot for all our group fit, mind & body and aquatic classes with the **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](http://peakmissoula.com/Classes/Fitness & Aquatic) Class Sign up. Select class & book/create an account.



**Downtown Class Size Limits: Group Fit-12 / Cycle-8-10 / Mind & Body-10**



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

# Downtown Class Schedule

## Cycling

**Accessible Intervals:** Use your lurch to get faster and stronger. Accessible to all levels of fitness. Music and interval structure vary from week to week.

**Cycle/Yoga:** A Fusion of 35 minutes of energetic interval cycling followed by 20 minutes of deep stretching with yoga postures.

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

**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.

**Interval X-treme:** Start the week with this high energy interval class. Intervals are tailored for the outdoor cyclist but are beneficial to all. A focus on proper riding mechanics is paired with intense efforts to build strength and endurance.

**Rhythm Rev:** Clip in and get lost in the rhythm of the music! Bring your outside road ride indoors - Ride hills, flats, sprints, and a variety of intervals all based on the RPMs of the music. All levels welcome.

**Rockin' Ride (all levels):** Kick off your day with interval drills of speed, lifts and hills. Build stamina & endurance with motivating music and leave with a sense of accomplishment.

**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.

## Group Fitness

**BODYATTACK (all levels):** High energy, sports-inspired cardio endurance training. Work strength, cardio and 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.

**Cardio Sculpt (all levels):** High Energy Cardio Blast using a step, free weights & other tools for maximum toning & calorie burning to achieve toned arms and legs, a lifted butt, and a functionally fit core.

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

**GRIT (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). Not recommended for pregnant participants.

**GRIT ATHLETIC:** The ultimate sport training utilizing bench, plates, drill speed, agility, and power to increase your athletic abilities in sports and every day functional movement.

**GRIT CARDIO:** 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.

**GRIT STRENGTH:** 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.

**MetCon (all levels):** Metabolic conditioning that maximizes your calorie burn using a variety of cardio, strength and mobility training. Core movements combined with minimal equipment to give you a quick, high intensity workout followed by a short mobility session.

**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.

**PEAK Fit (all levels):** Fast paced interval training. This class is a total body workout, hitting all the main muscle groups while keeping your heartrate elevated.

**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.

**Rock Bottoms (all levels):** 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.

**Sunday Shred (all levels):** Wake up & shred! Your cardiovascular and muscular fitness will be challenged with calisthenics, free weights, plyometric and an assortment of equipment for a variety of exercises.

## Mind & Body

**BODYFLOW:** Tai Chi, yoga, Pilates inspired fusion class set to music that will challenge your balance, work your core, build your strength and increase your flexibility.

**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.

**Bamboo Bodies Advanced:** Mobility/Balance/Qigong/Vision. Train for movement and moments in your life with faster more challenging Bamboo Bodies Advance.

**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.

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

**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.

**Qi Gong:** Incorporating theories of Chinese Medicine this class utilizes intentional movement, breath control and internal focus to balance body and mind.

**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.

**Strong & Steady Yoga:** Hatha-inspired yoga focusing on alignment and refinement through extended holds that build strength and stability while developing capacity to withstand the shirring winds of life.

**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 Athletes (all levels):** Yoga with isometric strengthening and toning for your whole body as the focus. Fun and dynamic movement appropriate for all abilities.

**Yoga for Relaxation/Meditation (all levels):** 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.

**Yoga Sculpt (all levels):** Class focuses on building strength, stability and alignment. Participants can expect a challenging class using weights and isometric drills.

## Silver Sneakers/Seniors

The Silver Sneakers® 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. Insurances may save you money on your club membership. Contact our Membership Team if your insurance supports Silver Sneakers Programs, 251-3344.

**Bamboo Bodies Basics:** 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:** A combination of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All levels and abilities welcome.