

# December BLUE MTN CLASS SCHEDULE (BM)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	*5:45 Gym Class Heroes - 45	Tour De Tunes	*5:45 Gym Class Heroes - 45 *5:45 SPRINT	Cycling Intervals			
6 am				BODYATTACK 45			
7 am			BODYPUMP-45				
8 am	BODYPUMP	OULA	Pump & Core-45	Cycle-45	BODYPUMP/ CX	TONE-45	
		Cycle-45			Cycle-45	Griz Spin	
9 am	Step & Sculpt	TONE-45	Step	TONE-45	Bamboo Bodies 45	GRIT CARDIO 30	
	Mat Pilates-45 ((( ))) Studio & Virtual		Bamboo Bodies 45	Mat Pilates-45 ((( ))) Studio & Virtual		Mat Pilates	
9:30 am						BODYPUMP	
10 am		Mat Pilates-45	*10:10 OULA		OULA		
10:30 am		Senior Strength	Barre-45	Senior Strength			
11 am							Restorative Yoga
NOON	OULA	((( ))) PEAK Extreme Studio & Virtual	Cycle-30		PEAK Extreme		
	*12:10 Cycle Intervals-45						
	Gentle Yoga	Power Yoga	Vinyasa Yoga ((( ))) Studio & Virtual	Vinyasa Yoga			
12:30 pm			GRIT-30				
4 pm							OULA
5 pm	GRIT-30	CXWORX-30		*5:15 Yin Yoga			
5:35 pm	BODYPUMP	GRIT-30	BODYPUMP	((( ))) GRIT-30 Studio & Virtual	<b>Location Key</b> Mind & Body Studio Cycling Studio Group Fit Studio *NEW Studio/Virtual		
	SPRINT CYCLE-30	Cycle	SPRINT CYCLE-30				
6 pm	BODYFLOW	*6:30 Barre-45	Power Yoga				



## 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**

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



**\*\*\*NEW - Join certain classes in studio or virtual by going to the MindBody app. Classes are indicated by ((( ))) icon.**

Reserve spot for all PEAK classes with the **MINDBODY** app. Search **PEAK Health & Wellness Missoula** to reserve/view schedules OR Visit [peakmissoula.com/Classes/Fitness & Aquatic Class Signup](http://peakmissoula.com/Classes/Fitness & Aquatic Class Signup). Select class & book/create an account.

**Blue Mountain Class Size Limits: Group Fit-14 / Cycle-12 / Mind & Body-10**



# Blue Mountain Class Schedule

## Cycling

**All 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.

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

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

**Cycling 40/20 (all levels):** Combines cardio and strength. 40 min of cycling intervals, 20 min upper body and core strength using band and weights, 20 min of power cycling.

**Cycle 101: First Tuesday of each month** Learn basics of indoor cycling. Receive custom bike fitting, monitor tutorial and foundation technique to help you achieve ultimate results.

**Cycle & Soul:** 30 minutes high intensity ride. 15 min of yoga stretches and breathing exercises to unwind and relax muscles.

**Cycle & Strength:** 90 Minutes of heart-pounding cardio work on the bike followed by 30 minutes of stabilizing strength and core exercises.

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

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

**SPRINT:** 30 min high intensity interval training (HIIT) workout to build endurance for long rides. Max effort will smash your fitness goals and build your endurance like you never imagined.

**Tour de Tunes:** Each weekly ride revolves around an exclusive music genre-instructors choice. Big focus on hill climbs and creating an outside ride inside.

**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.

## 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):** Uses barbells, plates & benches to build lean muscle throughout entire body. Low weight + high repetition will fatigue one muscle group at a time.

**BODYATTACK:** High energy, sports-inspired cardio endurance training that includes cardio, strength and agility. Novice to advanced athlete will reap the benefits of this steady state training format. BODYATTACK is about sharing your energy and working to your choice intensity. Take it high, take it low... make the workout your own. All BODYATTACK classes are 45 minutes.

**CXWORX:** 30 min core conditioning class with a huge focus on stability and strength. You will train the entire core in both prone and standing positions. Use plates and resistance bands to target every core muscle from hips to shoulders. This class is zero impact and caters to all fitness levels from beginner to advanced athlete.

**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):** The secret to becoming fitter faster is 30 min HIIT 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). While options are available, this is a HIGH INTENSITY class. Not recommended for pregnant participants.

**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.

**PEAK X-treme (intermediate to advanced):** Cardio based total body conditioning with plyometric drills and strength, power, and resistance intervals.

**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.

**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.

**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.

**TONE:** New Les Mills program to the PEAK! 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

**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 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. Combining cardio and flow elements of ballet with toning benefits of Pilates and yoga for an energetic and challenging workout. 18 participant limit.

**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.

**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.

**Power Hour Yoga:** Energetic Vinyasa flow focused on strength, endurance and flexibility. Come prepared to work, sweat, breathe and stretch.

**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 Silver Sneakers® 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 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:** Combination of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All levels and abilities welcome.

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

**Senior Stretch:** Stretching exercises are performed either in a chair or standing. Stretching increases your flexibility and freedom of movement. All levels and abilities welcome.

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