

# November DOWNTOWN CLASS SCHEDULE (DT)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am		BODYPUMP	BODYCOMBAT-45	GRIT-30	Met Con		
8 am						BODYATTACK 45	
9 am	Oula	CORE/FLOW 30/15	PEAK Strength	Bamboo Bodies Basics-45 downstairs	BODYPUMP	TONE	BODYPUMP 45
	Yin Yoga 75	Bamboo Bodies Basics-45 upstairs	Vinyasa Yoga 75	Restorative Yoga 75		Bamboo Bodies-45	
9:30 am			Mellow Cycle				
10 am	BODYPUMP		<b>NEW</b> Senior Strength		Cycle-30	Oula	
10:30 am	Vinyasa Yoga 75	Vinyasa Yoga 75	Gentle Yoga 75	Vinyasa Yoga 75	Vinyasa Yoga 75	Vinyasa Yoga 75	
11 am				PEAK Fusion	GRIT-30		
11:35 am					CORE/Flex-30		
12:10 pm	PEAK Strength 45	Oula 45	PEAK Strength 45	Oula-45	Oula-45		Noon Yoga Sculpt
	<b>NEW</b> Starts 11/8 Noon Cycle-45		Pilates-45	BARRE-45	Mat Pilates-45		
4:15 pm			Pilates/Yoga 75				
4:30 pm	GRIT STRENGTH-30	BODYPUMP-45	BODYATTACK 45	BODYPUMP			
5 pm	BODYATTACK-45				<b>Downtown Location Key</b> <div style="background-color: yellow; padding: 5px; margin-bottom: 5px;">Group Fit Studio</div> <div style="background-color: #90EE90; padding: 5px; margin-bottom: 5px;">Cycling Studio</div> <div style="background-color: #D8BFD8; padding: 5px;">Mind &amp; Body Studio</div>		
5:15 pm		5:20 CORE/Flex-30	CORE-30				
5:30 pm	Vinyasa Yoga	Pilates-45	BODY FLOW	BODYCOMBAT 45			
		SPRINT-30		SPRINT-30			
5:45 pm	Oula		Oula				

Reserve class spot at [peakmissoula.com/Classes/Fitness & Aquatic Class Signup](http://peakmissoula.com/Classes/Fitness & Aquatic Class Signup) or on the **MindBody** app.

Use QR Code for quick sign up or [peakmissoula.com](http://peakmissoula.com).





**Thanksgiving Day Club Hours: 5 am-Noon**

**Thursday, Nov 25 - Downtown Classes**  
 9 am - BODYPUMP  
 9:30 am - SPRINT  
 10 am - GRIT

Guests free on Thanksgiving day with non-perishable food donation.

**Friday, Nov 26 - Downtown Classes**  
 9 am - BODYPUMP  
 10:30 am - Yoga  
 12 pm - OULA  
 12:10 pm - Pilates



DT: Mon-Fri 5 am-9 pm, Sat-Sun 7 am-8 pm / 406 317-1960  
 BM: Mon-Fri 5 am-10 pm, Sat-Sun 7 am- 8 pm / 406 251-3344  
 RC: Mon-Thu 6 am-10 pm, Fri 6 am-8:30 pm, Sat-Sun 7 am-8 pm / 406 251-3356

# DOWNTOWN CLASS SCHEDULE

**LM - Indicates LES MILLS classes**

## CYCLING

**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.

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

**LM 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

**LM 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.

**LM BODYCOMBAT:** High-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**LM 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.

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

**LM CORE/FLOW:** 30 min entire core conditioning using resistance bands & weights followed by 15 min fusion of yoga, Pilates and tai chi

**LM GRIT:** 30 minutes of HIIT. The secret to becoming fitter faster is interval training. Short bursts of work followed by minimal recovery will send heart rate into overdrive and leave your body burning calories up to 16 hours post exercise (the EPOC effect). Not recommended for pregnant participants.

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

**LM 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.

**LM 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.

**LM TONE:** 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 up to you & your fitness level, either high impact, or low impact. Equipment is limited to plates and resistance bands.

**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 Fusion:** A combination of strength and cardio intervals followed by core conditioning and flexibility training.

**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.

## MIND & BODY

**All Levels Yoga:** Dynamic movements that build to a static hold.

**LM 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.

**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.

**Mat 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.

**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 Sculpt:** Fitness-based workout that integrates dynamic vinyasa yoga postures. Fun flow that emphasizes breath, strength, muscular endurance, flexibility and cardio vascular fitness.

## 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! Insurances may save you \$ on your membership. Contact our Membership Team if your insurance supports Silver Sneakers.

**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 Strength:** Combo of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All welcome.

\*Reserve your spot for all our classes by visiting [peakmissoula.com/Classes/Fitness & Aquatic Class Signup](http://peakmissoula.com/Classes/Fitness & Aquatic Class Signup). Select class & book/create an account. Tutorials about the MindBody app are available on the website under **Classes/MindBody Tutorials** OR use the **MINDBODY app**. Search **PEAK Health & Wellness Missoula** to reserve/view schedules.

\*\*If you are unable to make a class that you have reserved, **PLEASE** cancel your reservation (preferably 24 hours prior to class) so that the next person on the waiting list is notified of the opening.