

# October 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	Vinyasa Yoga						
8 am	BODYPUMP	Cycle-45	Body Sculpt-45	Cycle-45	BODYPUMP/ FLOW	Cycle-45	
8:30 am			Body 401K		Body 401K		
9 am	(( )) Mat Pilates-45 Studio & Virtual	TONE-45	Bamboo Bodies 45	TONE-45	Bamboo Bodies 45	GRIT CARDIO-30	
		Mat Pilates-45	Step	Mat Pilates-45 (( ))Studio & Virtual			
9:30 am						BODYPUMP	
10 am		NEW BODYPUMP Outside ONLY	NEW Rock Bottoms Outside ONLY		Oula		
			*10:10 Oula				
10:30 am	Senior Strength	Senior Strength	Gentle Yoga-75	Senior Strength			
11 am		Tai Chi Chih		Tai Chi Chih			Restore Yoga
NOON	Oula	PEAK Extreme	Cycle-30	BODYPUMP-45	PEAK Extreme		
	NEW SPRINT-30	Power Yoga	Vinyasa Yoga	All Levels Yoga	Vinyasa Yoga		
	Gentle Yoga						
12:30 pm			GRIT STRENGTH-30				
3 pm							TONE-45
4 pm							Oula
5 pm	GRIT-30	LM CORE-30			<b>Location Key</b> Mind & Body Studio      Cycling Studio Studio & Virtual (( ))      Group Fit Studio Outside Studio Classes may be moved inside due to inclement weather unless noted OUTSIDE ONLY.		
5:35 pm	BODYPUMP	GRIT-30	BODYPUMP	5:30 Yin & Stretch-75			
	SPRINT CYCLE-30	Cycle + Stretch	SPRINT CYCLE-30				
6 pm	BODYFLOW	*6:30 Barre-45	Power Yoga				

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

In-person with virtual live stream option are indicated by icon (( ))

Use QR Code for quick PEAK website class sign up.



Use QR Code for MindBody app.



peakmissoula.com

# Blue Mountain Class Schedule

LM - Indicates LES MILLS classes

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

**Cycle & Stretch:** 30-40 minutes on bike then transition to standing and seated stretching that will leave your joints and muscles happy and you feel energized and relaxed.

**LM 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.

## GROUP FITNESS

**Body Sculpt (all levels):** High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance.

**Gym Class Heroes (intermediate to advanced):** Incorporates calisthenics, running, jumping, and weight lifting done at *high intensity*, short intervals.

**LM 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.

**LM BODYPUMP/FLOW:** 30-minutes of high repetition, light to moderate weight strength training followed by a 30-minute fusion of yoga, Pilates and tai chi.

**LM 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.

**LM CORE:** 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.

**LM GRIT:** 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.

**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:** 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.

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

**ROCK BOTTOMS:** Work the glutes, muscles surrounding the hips and connected muscle groups from every angle using free weights, dumbbells and other equipment.

**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.

## MIND & BODY

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

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

**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.

**Gentle Yoga (all levels):** A personalized approach to yoga postures with focus on pain-free range of motion. Class compliments strenuous athletic activities as well as 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.

**T'ai Chi Chih (all levels):** A non-martial art form comprised of 19 movements and one pose. Focus is on activating, circulating, developing and balancing of chi - the body's life force. The practice is meditation in motion anchored in mindfulness. Beginners can easily learn movements. Great for all levels of fitness and ages.

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

\*\*\*Please sign up to reserve your spot for all our group fit, mind & body and aquatic classes by visiting [peakmissoula.com/Classes/Fitness & Aquatic Class](https://peakmissoula.com/Classes/Fitness & Aquatic Class) Signup. Select class & book/create an account. MindBody app tutorials available on website [Classes/MindBody Tutorials](https://peakmissoula.com/Classes/MindBody_Tutorials) OR use the **MINDBODY** app.

\*\*\*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.