

# OCTOBER BLUE MTN CLASS SCHEDULE (BM)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	PEAK Strength Cardio - 45	CORE/ BODYATTACK-45	PEAK Strength Cardio - 45	5:30am PEAK Journey	PEAK Plyo & Strength - 45		
		5:30am PEAK Journey	SPRINT-30				
8 am	BODYPUMP	PEAK Journey-45	Body Sculpt 45	PEAK Power-45	BODYPUMP	PEAK Journey-45	
				PEAK Strength 45	PEAK Pedal		
8:15 am						GRIT CARDIO-30	
8:30 am			Body 401K		Body 401K		
9 am	Line Dancing 9:10 am *Gym Shoes Only	Sound Strength 45	Step	CORE/ BODYBALANCE 45	Bamboo Bodies 45	BODYPUMP	
	Mat Pilates-45						
	PEAK Journey-45						
10 am		Gentle Yoga	*10:10 Oula	Vinyasa Yoga	Oula	10:15-11:15 Qi Gong	
10:30 am	Silver Sneakers	Silver Sneakers	Gentle Yoga-75	Silver Sneakers	Barre		
	Yin Yoga-75						
11 am		Tai Chi Chih		Tai Chi Chih			Restorative Yoga 75
NOON	Oula	PEAK Extreme	PEAK Power-30	BODYPUMP-45	PEAK Extreme		BODYPUMP
	Peak Power-30						
	Gentle Yoga-75	Power Yoga	Vinyasa Yoga-75	Gentle Yoga-75	Vinyasa Yoga		
12:30 pm			GRIT STRENGTH-30				
1:10 PM			Chair Yoga 1:30-2:30pm				
4 pm		*4:30pm PEAK Journey-45					Oula
5 pm	GRIT-30						
5:30pm	BODYPUMP 5:35pm	CORE/ BODYBALANCE 45	BODYPUMP	5:30 Yin & Stretch-75			
	SPRINT-30						
	5:30 BODYBALANCE	5:30-6:45 Gentle Yoga-75	SPRINT-30				
6 pm	Studio Location Key			Cycling Blue Mountain	Group Fit Blue Mountain	Mind & Body Racquet Club	

## SIGN UP FOR CLASSES ON OUR APP: Peak Health & Wellness MSLA

First Time Sign Up Use Your Email and Temporary Password: abcd1234

IMPORTANT: The login email will be the email associated with your PEAK account.

To check your email on file or add/

Google Play



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



update your email please call service desk: 406 251-3344 ext. 201.

App Store



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BM: M-F 5am-10pm, Sat.-Sun., 7am- 8pm RC: M-TH 6am-10pm, Fri. 6am-8:30pm, Sat.-Sun., 7am-8pm DT: M-F 5 am-9pm, Sat-Sun. 7 am-8pm

# Blue Mountain Class Schedule

LM - Indicates LES MILLS classes

## CYCLING

**LM SPRINT:** High intensity interval training (HIIT) on a bike. Max effort will smash your fitness goals and build your endurance like you never imagined. 30 min

**PEAK Journey:** Class designed for all fitness levels. A journey to increase your fitness! This ride incorporates different terrain using intervals, climbs, drills and great music. Uses coach by color and MyZone to move through various zones during the cycle journey.

**PEAK Pedal:** Class designed for all fitness levels. A great place to start if you are new or returning to fitness. Pedal to a wide range of music at a variety of speeds. Introduces riders to coach by color and MyZone systems.

**PEAK Power:** Class designed for all fitness levels. This ride is geared towards those training for sports performance and strength. Includes climbing, sprinting, power intervals and great music. Uses coach by color and MyZone to increase FTP/Fitness Level and VO2 max.

## GROUP FITNESS

**LM BODYPUMP:** The original workout. Use barbells, plates & benches to build muscle throughout your entire body. Low weight & high repetition will fatigue one muscle group at a time. 45 & 60 min

**LM BODYATTACK:** High energy, sports-inspired cardio endurance training. Work strength, cardio and agility. 45 min

**LM CORE:** Core conditioning using resistance bands weights to strengthen the entire core. Not recommended for pregnant participants. 30 min

**LM-CORE/BODY BALANCE:** Core conditioning using resistance bands and weights followed by 15-minute fusion of yoga, tai chi and Pilates. 45 min

**LM-GRIT:** High-intensity interval training (HIIT). 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 (EPOC effect) Not recommended for pregnant participants. 30 min

**LM-GRIT STRENGTH:** High-intensity interval training (HIIT). Focus on load and range to elevate the heart rate. Use bars, plates and bodyweight movement exercises to build strength you didn't know was possible. Not recommended for pregnant participants. 30 min

**LM-GRIT CARDIO:** High intensity interval training (HIIT). 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. 30 min

**LM-GRIT ATHLETIC:** High intensity interval training (HIIT). The ultimate sport training utilizing bench, plates, drill speed, agility and power to increase your athletic abilities in sports and everyday functional movement. 30 min

## LINE DANCING

Line dancing with fun dance moves and music. No cowboy boots—Gym shoes only please

**OULA:** High energy workout that combines the depth and soulfulness of a mind body practice with the carefree playfulness of a living room dance party. 45 min & 60 min

**Body Sculpt:** High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance. 60 min

**SILVERSNEAKERS® :** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

**Sound Strength:** A low-impact, full-body strength workout to fun music that uses bands, weights and small exercise balls to crank up the burn. 45 & 60 min

**PEAK Strength:** 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. 45 min & 60 min

**PEAK Strength and Cardio:** Incorporates calisthenics, running, jumping and weight lifting done at high intensity, short intervals. 45 min

**PEAK Plyo and Strength:** 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. 45 min

**PEAK Extreme:** Cardio based, total body conditioning with plyometric drills and strength, power and resistance intervals. 60 min

**Step:** Aerobic exercise using of an elevated platform (the step). Step height can be adjusted to meet your individual fitness level. Step combines endurance and strength training. 60 min

## MIND & BODY

**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 BODYBALANCE:** 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.

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