

# MAY 2024 BLUE MTN CLASS SCHEDULE (BM)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 am		PEAK Journey 45	SPRINT 30 5:45am	PEAK Journey		Memorial Day Weekend No Classes Sat. 5/25 Sun. 5/26 Pop up Uplift Class Mon. 5/27 10am		
5:45	PEAK Strength Cardio 45	CORE/ BODYATTACK 45	PEAK Strength Cardio 45		PEAK Plyo & Strength 45			
6:45 am	Slow Flow Yoga		Slow Flow Yoga					
7:45 am		Kinstretch		Kinstretch				
8 am	BODYPUMP	PEAK Journey 45	Body Sculpt-45	PEAK Strength 45	BODYPUMP	PEAK Journey 45		
				PEAK Power 45	PEAK Pedal 45	8:15 GRIT CARDIO 30		
8:30 am			Body 401K		Body 401K			
9 am	Line Dancing 9:10 am	OULA	Step	CORE/ BODYBALANCE 45	Bamboo Bodies 45	BODYPUMP		
	Mat Pilates-45	Mat Pilates-45	Bamboo Bodies 45	Mat Pilates-45	BODYBALANCE 45	Mat Pilates		
	PEAK Journey 45							
10 am		Gentle Yoga	10-10:40 Mat Pilates *10:10 SHINE Light	Gentle Yoga	Oula	10:15-11:15 Qi Gong		
10:30 am	Silver Sneakers	Silver Sneakers	10:45-11:55 Gentle Yoga-70	Silver Sneakers	BARRE			
	Yin Yoga-75							
11 am		Tai Chi Chih		Tai Chi Chih			Restorative Yoga 75	
NOON	Oula	PEAK Extreme	PEAK Journey 45 12:15pm	BODYPUMP 45	PEAK Extreme		BODYPUMP	
	PEAK Power 30				PEAK Pedal 30			
	Gentle Yoga-75	Power Yoga			Vinyasa Yoga-75			Gentle Yoga-75
1:30 pm			Chair Yoga	BARRE 1:15- 2:00			POP UP Uplift 3/19 @ 3pm	
4 pm		PEAK Strength 45	Yin Yoga				Oula	
5 pm	GRIT 30		GRIT 30		<b>Studio Location Key</b> Cycling Blue Mountain    Group Fit Blue Mountain    Mind & Body Racquet Club  Scan to Sign Up for Classes on Our App : PEAK Health & Wellness MSLA  Google Play    App Store 			
5:30pm	BODYPUMP 5:35pm	LM-CORE -30	BODYPUMP 5:35pm	Yin Yoga & Stretch -75				
	SPRINT-30	BODYBALANCE 45 6:05pm	SPRINT-30					
	BARRE	Gentle Yoga-75	Power Yoga					
6:30 PM	Kinstretch							

**\*\*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.**



# 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 BODYBALANCE (all levels):** 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

**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 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.

**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.

**Kinstretch (all levels):** Movement system to maximize mobility, improve flexibility and joint range of motion.

**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.

**Qi Gong (All Levels):**

**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.