

August 2024

Blue Mountain

Group Fitness and Mind Body Schedule



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKEND |
|---------|--------------------------|-----------------------|--------------------------|----------------------------|------------------------|----------------------|
| 5:30am | | PEAK JOURNEY | | PEAK JOURNEY | | |
| 5:45am | | | PEAK STRENGTH AND CARDIO | | | |
| 5:45am | PEAK STRENGTH AND CARDIO | | LES MILLS sprint | | PEAK STRENGTH AND PLYO | |
| 6:45am | SLOW FLOW YOGA | | SLOW FLOW YOGA | | | SATURDAY |
| 8am | Strength Development | PEAK JOURNEY | BODY SCULPT | PEAK POWER | Strength Development | PEAK JOURNEY |
| 8:15am | | | | | PEAK PEDAL 8am | LES MILLS GRIT |
| 8:30am | | | Body401k® | | Body401k® | |
| 9am | PEAK JOURNEY | Oula Fusion | STEP | LES MILLS CORE BODYBALANCE | LES MILLS BODYBALANCE | Strength Development |
| 9am | PEAK MAT PILATES | PEAK MAT PILATES | BAMBOO BODIES | PEAK MAT PILATES | BAMBOO BODIES | PEAK MAT PILATES |
| 10am | | GENTLE YOGA | Strength Development | GENTLE YOGA | Oula | 氣功 QIGONG |
| 10:30am | SilverSneakers | SilverSneakers | PEAK MAT PILATES 10am | SilverSneakers | PEAK MAT PILATES 10am | |
| 10:30am | YIN YOGA | | SHINE DANCE FITNESS™ | | | SUNDAY |
| 11am | | TAI CHI CHIH! | GENTLE YOGA 10:45am | TAI CHI CHIH! | | RESTORATIVE |
| NOON | Oula | PEAK EXTREME | PEAK JOURNEY 12:15pm | LES MILLS BODYPUMP | PEAK EXTREME | |
| NOON | GENTLE YOGA | POWER YOGA | CHAIR YOGA | GENTLE YOGA | VINYASA YOGA | |
| 1:30pm | | | VINYASA YOGA | | | |
| 4pm | | PEAK STRENGTH | | | | Oula |
| 5pm | LES MILLS GRIT | Strength Development | LES MILLS GRIT | Strength Development | | |
| 5:30pm | LES MILLS sprint | LES MILLS CORE | LES MILLS sprint | | | |
| 5:30pm | barre | GENTLE YOGA | POWER YOGA | YIN YOGA | | |
| 5:35pm | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | | | |
| 6:05pm | | LES MILLS BODYBALANCE | | | | |

Studio Location Key:

- 20-Yard Line Outside
- Cycle Studio Blue Mtn
- Mind & Body Studio Racquet Club
- Group Fitness Studio Blue Mtn

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



Google Play



App Store

