

September 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 BODYATTACK CORE	LES MILLS sprint	LES MILLS BODYPUMP	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 LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	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	VINYASA YOGA	GENTLE YOGA	VINYASA YOGA	
1:30pm			CHAIR 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		<div style="border: 2px solid orange; padding: 10px;"> <p>Labor Day Weekend Limited Schedule Sun./Mon. Check the app for details</p> <p>Celebrate Movement Event Sept. 14th @Blue Mtn ALL members invited! 8am-11am Class Schedule on the APP</p> </div>	
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

