

# November 2024

Downtown

## Group Fitness and Mind Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6:00am	5:40am <b>PEAK JOURNEY</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS GRIT</b>	5:40am <b>PEAK JOURNEY</b>	
6:30am	MORNING FLOW YOGA		MORNING FLOW YOGA			
7:30am		MORNING FLOW YOGA		MORNING FLOW YOGA	氣功 QIGONG	SATURDAY
8am						<b>LES MILLS BODYATTACK</b>
9am	Oula CARDIO • CATHARSIS	RESTORATIVE	<b>PEAK STRENGTH</b>	RESTORATIVE	<b>LES MILLS BODYPUMP</b>	<b>UPLIFT</b>
9am	YIN YOGA	<b>BAMBOO BODIES</b> Basic	barre	<b>BAMBOO BODIES</b> Basic	9:15am GENTLE YOGA	<b>BAMBOO BODIES</b>
10am	<b>LES MILLS BODYPUMP</b>					Oula CARDIO • CATHARSIS
10:30am	VINYASA YOGA	VINYASA YOGA	SLOW FLOW YOGA	VINYASA YOGA	VINYASA YOGA	VINYASA YOGA
11am						
11:40am					<b>LES MILLS GRIT</b>	SUNDAY
12:10pm	<b>PEAK STRENGTH</b>	Oula CARDIO • CATHARSIS	<b>LES MILLS BODYPUMP</b>	Oula CARDIO • CATHARSIS	12:15pm Oula CARDIO • CATHARSIS	<b>LES MILLS 9am BODYPUMP</b>
12:10pm	barre	<b>PEAK MAT PILATES</b>	<b>PEAK MAT PILATES</b>	<b>PEAK MAT PILATES</b>	<b>PEAK MAT PILATES</b>	
1:30pm	SilverSneakers		SilverSneakers		SilverSneakers	barre 4pm
4pm						5pm RESTORATIVE
4:30pm	<b>LES MILLS GRIT</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>Thanksgiving Weekend Schedule</b>  Thurs. 11/28 Turkey Burn! 8am BodyAttack 9am BodyCombat 10am BodyPump  Fri. 11/29 9am BodyPump Regular Schedule Sat. 11/30 and Sun. 12/1	
5pm	<b>LES MILLS CORE</b>					
5:35pm	Oula CARDIO • CATHARSIS	<b>LES MILLS sprint</b>	Oula CARDIO • CATHARSIS	<b>LES MILLS sprint</b>		
5:30pm	VINYASA YOGA	<b>PEAK MAT PILATES</b>	barre	<b>LES MILLS BODYBALANCE</b>		
5:35pm		<b>LES MILLS GRIT</b>				
6:30pm	6:40pm PEAK MAT PILATES	6:15pm ALIGN & REFINE YOGA	VINYASA YOGA			

### Studio

#### Location Key:

Cycle Studio

Mind & Body Studio

Group Fitness Studio Downstairs



Google Play

#### 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.

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



App Store

# Group Fitness and Mind & Body Class Descriptions

## Group Fitness

**LM BODYBALANCE:** Tai Chi, Yoga, Pilates inspired fusion class set with music to challenge your balance, work your core, build your strength and increase your flexibility.

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

**LM-BODYCOMBAT:** High -energy, martial arts workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. 45 min

**LM-BODYPUMP:** The original barbell workout, BODYPUMP is 25+ years old! Use barbells, plates and benches to build lean muscle throughout your entire body. Low weight and high repetition will fatigue one muscle group at a time. 45 min & 60 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:** 30-minute 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 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

**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

**OULA Fusion:** Heart-based musically inspired yoga dance fusion class. Combining OULA and OULA ONE melded together with a combination of themed songs that are both in a seated and standing positions.

**Silver Sneakers:** The Silver Sneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends! Insurances may save you \$ on your membership. Contact our Membership Team if your insurance supports Silver Sneakers.

**UpLift:** Class starts with cardio warm-up and transitions to standing routines with equipment, alternating between upper and lower body. A balance track is included after you've fatigued your muscles which is challenging, rewarding, and a welcome change of pace before transitioning to the mat. The workout is completed with core, booty, abs, and chest and a cool down with deep stretching. An UP-LIFTING experience leaves you feeling strong and confident.

**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 Plyo and Strength:** Metabolic conditioning will maximize your calorie burn using a variety of cardio, strength and mobility training. Core movements combined with minimal equipment to give you quick, high intensity workout followed by a short mobility session.

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

**SHINE Light:** Part of SHiNE Dance Fitness specializing in low-impact and simplified choreography. SHiNE LIGHT uses all the same routines you find in SHiNE, but we reduce impact, increase stability and modify the moves to meet your needs as a student. It's a mood-lifting, confidence-boosting experience for anyone looking for a more inclusive approach to dance fitness. We believe everyone deserves the FUN in dance. Join us! It's your time to SHiNE!

**Rock Bottoms:** A glute activation class focuses on controlled movement and time under tension to sculpt, shape, and strengthen your glutes. Decreases lower back pain and improves overall balance, stability, posture and efficiency in all your athletic and life endeavors. Weight choice adjusted to meet individual needs.

## 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:** A journey to increase your fitness! This ride incorporates different terrain using intervals, climbs, drills and great music. Uses coach by color and My Zone to move through various zones during the cycle journey.

**PEAK Pedal:** A great place to start if you are new or returning to fitness. Pedal to a wide range of music at a varied speeds. Introduces riders to coach by color and My Zone systems.

**PEAK Power:** 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 My Zone to increase FTP/Fitness Level and VO2 max.

## Mind & Body

**Bamboo Bodies:** 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, breath, barefoot work, weight-bearing exercises and self-massage.

**Barre:** A fusion of Ballet, Yoga, and Pilates. Focus to combine cardio and flow elements of ballet with toning benefits of Pilates and Yoga for an energetic and challenging workout.

**Extra Gentle Yoga:** This class requires to get up and down from the floor only once. Modifications and Individual needs will be offered.

**Gentle Yoga:** A well rounded moderate yoga class with a daily meditation, seated, standing postures, strengthening balance poses and time for relaxation.

**Mat Pilates:** A contemporary, anatomically based approach to the mind-body exercise developed by Joseph Pilates. Focus on stability, mobilizing the spine and pelvis while improving functional strength, flexibility, endurance and posture.

**Morning Flow Yoga:** All levels vinyasa flow will start off slow to get your body and breath moving.

**Power Yoga:** Energetic vinyasa flow focused on strength, endurance and flexibility. Come prepared to work, sweat, breathe and stretch.

**Restorative Yoga:** Use props to help body relax into poses held for several minutes to encourage passive stretching.

**Slow Flow Yoga:** A vinyasa flow moves slowly through a series of fluid postures. The pace is meditative, transitions are slower and poses are held for longer periods to allow space to explore alignment within each pose.

**Vinyasa Yoga:** A powerful combination of strength conditioning with yoga flow, balance, stretching and a final relaxation.

**Yin Yoga:** 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.

**Bamboo Bodies Basics:** Focus on movement through neuro-based exercises to improve balance, range of motion and strength. In this fun and energetic class, you will stimulate the body with self-massage, strengthen with corrective exercises and improve balance through Qigong routines to create a supple and strong body.

**Chair Yoga:** Safe and gentle yoga that prioritizes your well-being without the challenge of getting up and down off the floor. Through breath and body awareness exercises we will improve our balance, strength and mobility. Chairs used for seated stretching postures, breathing and relaxation techniques, while the ballet bar is used for greater stability in standing and balance postures. All levels and abilities are welcome and individualized modifications will be provided.

**Mind & Body Director and Instructor:** Stephanie Peabody email [stephanie@peakmissoula.com](mailto:stephanie@peakmissoula.com)

**Group Fitness Director and Instructor:** Christy Jo McFarland email [christyjo@peakmissoula.com](mailto:christyjo@peakmissoula.com)