

January 2025

Downtown

Group Fitness and Mind Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6:00am		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS GRIT		
6:30am						
7:30am					氣功 QIGONG	SATURDAY
8am						LES MILLS BODYATTACK
9am					LES MILLS BODYPUMP	UPLIFT
9am						
10am	LES MILLS BODYPUMP					
10:30am						
11am				Rock Bottoms		
11:40am					LES MILLS GRIT	SUNDAY
12:10pm			LES MILLS BODYPUMP			LES MILLS 9am BODYPUMP
12:10pm	barre					
1:30pm						barre 4pm
4pm						
4:30pm	LES MILLS GRIT	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP		
5pm	LES MILLS CORE					
5:35pm		LES MILLS sprint		LES MILLS sprint		
5:30pm			barre	barre		
5:35pm		LES MILLS GRIT				
6:30pm						

Studio Location

- Cycle Studio
- Mind & Body Studio
- Group Fitness Studio Downstairs

Key:



Google Play

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



App Store

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

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! Insurance 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

Group Fitness Director and Instructor: Christy Jo McFarland email christyjo@peakmissoula.com