## June 2025

## **Blue Mountain**

Group Fitness and Mind & Body Schedule



| TIME    | MONDAY                         | TUESDAY  | WEDNESDAY                                | THURSDAY                                    | FRIDAY                       | WEEKEND                     |
|---------|--------------------------------|--|--|---|------------------------------|-----------------------------|
| 5:30am  |                                |  | 5:45am<br>PEAK<br>STRENGTH<br>AND CARDIO |   |                              |                             |
| 5:45am  | PEAK<br>STRENGTH<br>AND CARDIO | LESMILLS<br>BODYATTACK<br>LESMILLS<br>CORE   | Sprint                                   | Lesmills<br><b>BODYPUMP</b>                 | PEAK<br>STRENGTH<br>AND PLYO |                             |
| 6:45am  | SLOW FLOW                      |  | SLOW FLOW                                |   | SLOW FLOW                    | SATURDAY                    |
| 8am     | LesMILLS<br><b>BODYPUMP</b>    | PEAK<br>JOURNEY  | PEAK<br>BODY<br>SCULPT                   | PEAK<br>POWER                               | LESMILLS<br>BODYPUMP         | JOURNEY                     |
| 8:30am  |                                |  | BODY 401K                                |   | BODY 401K                    | 8:15am<br>Lesmills<br>GRIT  |
| 9am     |                                | Government Contraction Contrac |  | LESMILLS<br>CORE<br>LESMILLS<br>BODYBALANCE | Lesmills<br>BODYCOMBAT       | Lesmills<br><b>BODYPUMP</b> |
| 9am     |                                |  |  | MAT PILATES                                 |                              |                             |
| 10am    | 10:30am<br>YIN<br>YOGA         | GENTLE<br>YOGA   |  | GENTLE<br>YOGA                              |                              | 10:15am<br>氣功<br>QIGONG     |
| 10:30am | SilverSneakers                 | SilverSneakers   | SH NE<br>DANCE FITNESS M                 | SilverSneakers                              | 10:00am                      | SUNDAY                      |
| 11am    |                                | TAI<br>CHI<br>CHIH!  | 10:45am<br>GENTLE<br>YOGA                | TAI<br>CHI<br>CHIH!                         |                              | RESTORATIVE<br>YOGA         |
| Noon    | Oula<br>Cardio - Catharsis     |  |  | LesMills<br>BODYPUMP                        |                              |                             |
| Noon    | GENTLE<br>YOGA                 | POWER<br>YOGA  | VINYASA<br>YOGA                          | MAT PILATES                                 | GENTLE<br>YOGA               |                             |
| 1:30pm  |                                |  | CHAIR<br>YOGA                            | SilverSneakers                              |                              |                             |
| 4pm     |                                |  | 4:15am<br>PILATES AND<br>YOGA            |   |                              | Oula<br>CARDIO - CATHARSIS  |
| 5pm     |                                |  |  |   |                              |                             |
| 5:30pm  | PEAK                           | GENTLE<br>YOGA   | POWER<br>YOGA                            | YIN<br>Yoga                                 |                              |                             |
| 5:30pm  | Sprint                         |  | Sprint                                   |   |                              |                             |
| 5:35pm  | LesMills<br>BODYPUMP           |  | LesMills<br>BODYPUMP                     |   |                              |                             |
| 6:45pm  | H GH<br>fitness                | Lesmills<br>BODYBALANCE  |  |   |                              |                             |

**Studio Location Key** 



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