## June 2025

## **Blue Mountain**

Group Fitness and Mind & Body Schedule



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

**Studio Location Key** 



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.