

February 2026

Blue Mountain

Group Fitness and Mind & Body Schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
5:30am		PEAK JOURNEY	5:45am PEAK STRENGTH AND CARDIO	PEAK JOURNEY		
5:45am	PEAK STRENGTH AND CARDIO	LesMills BODYATTACK LESMILLS CORE	LesMills Sprint	LesMills BODYPUMP	PEAK STRENGTH AND PLYO	
6:45am	SLOW FLOW YOGA		SLOW FLOW YOGA		SLOW FLOW YOGA	SATURDAY
8am	Strength Development <small>LESMILLS</small>	PEAK JOURNEY	PEAK BODY SCULPT	PEAK POWER	PEAK PEDAL Strength Development <small>LESMILLS</small>	PEAK JOURNEY
8:30am	PEAK JOURNEY		BODY 401K		BODY 401K	NEW! 8:00am LesMills Shapes
9am	LesMills PILATES	LesMills CORE Soul Flow	PEAK STEP	LesMills CORE LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills BODYPUMP
9am	PEAK MAT PILATES	PEAK MAT PILATES	BAMBOO BODIES seasonal fitness	PEAK MAT PILATES	BAMBOO BODIES seasonal fitness	PEAK MAT PILATES
10am	10:30am YIN YOGA	GENTLE YOGA	PEAK MAT PILATES	GENTLE YOGA	PEAK MAT PILATES	10:15am 氣功 QIGONG
10:30am	SilverSneakers	SilverSneakers	SHINE DANCE FITNESS™	SilverSneakers	10:00am Oula CARDIO + CATHARSIS	
11am		TAI CHI CHIH!	10:45am GENTLE YOGA	TAI CHI CHIH!	FOAM ROLLER YOGA	SUNDAY
Noon	Oula CARDIO + CATHARSIS	PEAK EXTREME	NEW! 11:30am Oula CARDIO + CATHARSIS PEAK JOURNEY	LesMills BODYPUMP	PEAK EXTREME	
Noon	GENTLE YOGA	POWER YOGA	YOGA SCULPT	PEAK MAT PILATES	GENTLE YOGA	11 am RESTORATIVE YOGA
1:30pm		SilverSneakers	CHAIR YOGA	SilverSneakers		
4pm		PEAK STRENGTH	4:15pm PEAK MAT PILATES	NEW! 4:30pm LesMills Shapes		Oula CARDIO + CATHARSIS
5pm	LesMills GRIT		LesMills GRIT			
5:30pm	PEAK BARRE	VINYASA YOGA	POWER YOGA	YIN YOGA	NEW! Strength Development <small>LESMILLS</small>	
5:30pm	LesMills Sprint	LesMills CORE	LesMills Sprint			Find health, happiness, and community through Group Fitness. Free with your membership
5:35pm	Strength Development <small>LESMILLS</small>		LesMills BODYPUMP	Oula CARDIO + CATHARSIS		
6:45pm	POP-UPS 2/2 & 2/16! HIGH	6:05pm LesMills BODYBALANCE				

Studio Location Key

Mind & Body Studio

Group Fitness Studio

Cycle Studio

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.