

April 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 CORE	LESMILLS SPRINT	LESMILLS BODYPUMP	PEAK STRENGTH AND PLYO	
6:45am	SLOW FLOW YOGA		SLOW FLOW YOGA		SLOW FLOW YOGA	SATURDAY
8am	LESMILLS BODYPUMP	PEAK JOURNEY	PEAK BODY SCULPT	PEAK POWER	PEAK PEDAL LESMILLS BODYPUMP	PEAK JOURNEY
8:30am	PEAK JOURNEY		BODY 401K		BODY 401K	8:00am LESMILLS Shapes
9am	LESMILLS PILATES	LESMILLS CORE FLOW	PEAK STEP	LESMILLS CORE 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 SLOW FLOW YOGA	GENTLE YOGA	PEAK MAT PILATES	GENTLE YOGA	Oula CARDIO • CATHARSIS	10:15am 氣功 QIGONG
10:30am	SilverSneakers	SilverSneakers	SHINE DANCE FITNESS™	SilverSneakers		
11am		TAI CHI CHIH!	10:45am GENTLE YOGA	TAI CHI CHIH!		SUNDAY
Noon	Oula CARDIO • CATHARSIS	PEAK EXTREME	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	Strength Development	SLOW FLOW YOGA
5:30pm	LESMILLS SPRINT	LESMILLS CORE	LESMILLS SPRINT		<p>SPRING</p> <p>Find Health, happiness, and Community through Group Fitness. *No Classes on Easter 4/5*</p>	
5:35pm	LESMILLS BODYPUMP		LESMILLS BODYPUMP	5:45pm Oula X		
6:45pm	POP UPS 4/6 & 4/27 HIGH fitness	6:05pm LESMILLS BODYBALANCE				

Studio Location Key

Mind & Body Studio	Group Fitness Studio	Cycle Studio
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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.