

# July 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	<b>LES MILLS BODYATTACK</b> <b>LES MILLS CORE</b>	<b>LES MILLS sprint</b>	<b>LES MILLS BODYPUMP</b>	PEAK STRENGTH AND PLYO	
6:45am	SLOW FLOW YOGA		SLOW FLOW YOGA			<b>SATURDAY</b>
8am	<b>LES MILLS BODYPUMP</b>	PEAK JOURNEY	PEAK BODY SCULPT	PEAK POWER	PEAK PEDAL <b>LES MILLS BODYPUMP</b>	PEAK JOURNEY
8:30am	PEAK JOURNEY		BODY 401K		BODY 401K	
9am	<b>LES MILLS PILATES</b>	<b>LES MILLS CORE</b> <b>LES MILLS BODYBALANCE</b>	PEAK STEP	<b>LES MILLS CORE</b> <b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>
9am	PEAK MAT PILATES	PEAK MAT PILATES	BAMBOO BODIES seasonal fitness	PEAK MAT PILATES	BAMBOO BODIES seasonal fitness	PEAK MAT PILATES
10am	10:30am POWER YOGA	GENTLE YOGA	PEAK MAT PILATES	GENTLE YOGA	<i>Oula</i> CARDIO • CATHARSIS	10:15am 氣功 QIGONG
10:30am	SilverSneakers	SilverSneakers	<b>SHINE</b> DANCE FITNESS™	SilverSneakers		
11am		<b>TAI CHI CHIH!</b>	10:45am GENTLE YOGA	<b>TAI CHI CHIH!</b>		<b>SUNDAY</b>
Noon	<i>Oula</i> CARDIO • CATHARSIS	PEAK EXTREME	PEAK JOURNEY	<b>LES MILLS BODYPUMP</b>	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						<i>Oula</i> CARDIO • CATHARSIS
5pm	<b>LES MILLS GRIT</b>					
5:30pm	PEAK BARRE	VINYASA YOGA	POWER YOGA	YIN YOGA	<p><b>Outdoor Tent POP UP Classes!</b></p> <p>July 16<sup>th</sup> LM Pilates 4pm</p> <p>July 28<sup>th</sup> LM Bodybalance 5:30pm</p> <p>July 30<sup>th</sup> LM Pilates 4pm</p> <p>All*members &amp; guests welcome</p>	
5:30pm	<b>LES MILLS sprint</b>	<b>LES MILLS CORE</b>	<b>LES MILLS sprint</b>			
5:35pm	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>	5:45pm <i>OulaX</i>		
6:30pm	<b>HIGH fitness</b>					

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.