



COEUR D' ALENE PEAK Health & Wellness Class Descriptions

AQUA FIT: Provides an all-over workout without impact on your joints. Working against the resistance of the water helps you achieve muscle strength and tone, as well as aerobic endurance.

BARRE: No dance experience needed! Find your inner ballerina through rhythmical toning and stretching.

BIKE AND BARRE: This class takes place in the spinning room and utilized the bike, as a Barre. Intervals are done on and off the bike! No dance or spinning experience necessary.

BODY AND SOUL: A sensual dance class that incorporates strength, body awareness, posture, and balance techniques. Designed for all skill levels, you can make this class in intense cardio/strength workout, or just a way to raise the heart rate and loosen up the body. NO dance experience needed!

BODY AND SOUL POWER: Body and Soul with higher intensity. Explode with POWER as you increase your dance experience with larger movements, faster tempos, and powerful jumps.

BOOTCAMP: This INTERVAL style class is a challenging workout designed to give you the best cardio and strength training to offer a high energy total body workout.

CYCLE SCULPT: Our new cycle class that is a unique combination of cycling and strength by incorporating your body weight as resistance. This is high intensity class based off of our regular spin classes with a little extra muscle!

FUSION YOGA: A total body mind workout using focused attention and breath to gain the most benefits with a unique variety of yoga, Pilates, and chi flow.

KICKBOXING: Cardio Kickboxing combines martial arts techniques with full body conditioning both in and outside the ring. Shred shoulders and core with different fighting styles while burning some massive calories.

LMT: Loaded Movement Training combines task-oriented movement patterning with resistance training. Agility and strength come from moving the body in a multitude of purposeful tasks with load. Every movement in this class is a strength, a cardio and a core move. Using a very specialized tool, you will work every muscle to become a stronger mover for life. Bring out your inner athlete and take your fitness to the next level.

PEAK HIIT: This class is structured around "muscle confusion." The more you confuse, the harder the body has to keep up; more variety you put into working out, the better and faster your results will be. This is a high intensity muscle building class and is for intermediate and advanced members.

PEAK PHYSIQUE: A rigorous no-impact class that combines the techniques & principles of mat Pilates, power yoga, & balance training. We incorporate mats, balls, bands and mini weights.

PEAK RELEASE: Release the stress in your body with this mindfulness class devoted to deep forms of stretching and myofascial release. This is a slow-paced class designed for all levels that focuses not only on your physical health, but mental health as well.

POWER YOGA: A vigorous, challenging, calorie-burning form of yoga that continuously flows through a sequence of poses which are connected to the breath. A great class for developing strength, balance, flexibility and stamina.

SPINNING: Based on the sport of outdoor cycling; this is a class on a special stationary bike that simulates riding hills, flats, and rolling terrain. Be prepared to sweat and have fun. You've heard about these classes, space is limited, so please sign-up at the front desk and you must arrive 5 minutes early.

STRONG: A revolutionary new way to strength train using adjustable barbell weights. This class will sculpt and shape you from head to toe. This class targets all of your major muscle groups. Sign-up is required to ensure equipment availability. (For all levels)

YOGA: Mix of strong, energetic movements that flow from one posture to the next. It targets every major portion of the body using power yoga poses and stretches. It is designed to heat the body internally to build strength, increase cardiovascular endurance, and calm the mind. Take it at your own pace, great for all levels.

All group fitness participants must reserve their place in class on the Pulse Access App up to two days in advance and be present 5 min. prior to class start time, or any other waiting participant may take your place.

FEES ~ Members: Free **Non-Members:** \$128 for sixteen punch card pass, or 1 class \$12.00

Contact your doctor before starting an exercise program in case of existing heart problems, pain, or other physical problems

For More Information; Contact Cate Kuhlmann, Group Fitness Director at 208.667.2582