

FALL 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Swimming Pool

7:30 AM

*Aqua Fit
Tabi*

*Aqua Fit
Narine*

*Aqua Fit
Narine*

9:30 AM

*Aqua Fit
Tabi*

*Aqua Fit
Narine*

*Aqua Fit
Cate*

Group Fitness Studio

AM

Fit 4 Life
Narine 8:30-9:15am
*small group studio

STRONG
Megan 7:45am

9:00 AM

Yoga
Cheryl
9:15

Peak Physique
Cate

Barre
Bootcamp
Cassidy

Peak Physique
Cate

Bootcamp
Tabi

Fusion Yoga
Cheryl

ZUMBA
Megan

10:30 AM

Kickboxing
Megan

Bootcamp
Cate

Yoga
Cheryl

Barre
Cate

Yoga
Sarah
10:15 AM

**12:00 to
12:45 PM**

PEAK Release
Cate

Peak HIIT
Lindsey

9/8/2022

4:30 PM

Bootcamp
Lindsey
4:30-5:50

Body & Soul
Tabi

Classes = 60 mins,
Cycling = 45 mins,
Water = 60 mins,
Unless Indicated.

5:30 PM

LMT
Megan

Bootcamp
Cassidy

Body & Soul Power
Lexi

Power Yoga
Katy

6:45 PM

Body & Soul
Jessie

ZUMBA
Megan

STRONG
Megan

 Indicates In
Studio & FB Virtual

Cycling Studio

5:15 AM

Spinning
Katy

6:30 AM

Cycle Sculpt
Lindsey

Cycle Sculpt
Julie

Spinning
Amy M
7:45

**8:00 to
10:15 AM**

Spinning
Katy
8:00-8:45

Bike-N-Barre
Cate
10:15-11:00

Spinning
Julie
9:15-10:00

Cycle Sculpt
Julie
9:00-9:50

**12:00 to
12:45 PM**

Bike-N-Barre
Cassidy

Spinning
Lindsey

Spinning
Julie

Spinning
Lindsey

**4:30 PM &
5:30PM**

Spinning
Julie
4:30-5:15

Spinning
Katy
5:30-6:15

Spinning
Katy
5:30-6:15



Group Schedule Download



Download The
Pulse Access App

All Classes Require A Reservation on the Pulse Access App.
No Shows or Late Cancels (1 hr or less) are assessed a \$5 fee

Club Hours: Mon-Fri 5am-9pm; Sat-Sun 7am-7pm

www.PeakHealthGyms.com/Idaho