



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 BOOTCAMP: This is a high-intensity indoor cycling class that combines elements of strength training off the bike and cardio exercises on the bike to provide a full-body workout. Intervals on and off the bike will push you to your limits and help you reach your fitness goals.

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 cycle class that is a unique combination of cycling and strength by incorporating light dumbbells or bands for resistance. This is high intensity class based off of our regular spin classes with a little extra muscle!

FIT 4 LIFE: Perfect for anyone starting a strength training program. Circuit training with machines and light free weights. Meet in front of the basketball courts.

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.

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 is a circuit style class with different intervals and intensity levels. With lots of variety in movement you are sure to get a full body workout in this 45-minute class 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 light 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.

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 on the pulse app 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.

ZUMBA: This Interval-style dance fitness class combines low with high intensity moves. You'll burn lots of calories and tone as you move to the rhythm with a wide range of Latin and international dance moves.

ZUMBA TONING: Dance style class with toning aspects while using lightweight maraca sticks or dumbbells. This rhythmic class will tone arms, core, and lower body.

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