



# PEAK Coeur d'Alene Class Schedule

FALL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Swimming Pool

<b>7:30 AM</b>		<i>Aqua Fit Tabi</i>		<i>Aqua Fit Narine</i>		<i>Aqua Fit Tabi</i>	
<b>9:30 AM</b>		<i>Aqua Fit Tabi</i>		<i>Aqua Fit Kandyce</i>		<i>Aqua Fit Cate</i>	

## Group Fitness Studio

<b>AM</b>		<b>Fit 4 Life</b> Narine 8:30-9:15 <small>*small group studio</small>					<b>STRONG</b> 7:45am Rotating instructor
<b>9:00 AM</b>	<b>Fusion Yoga</b> Cheryl (9:15)	<b>Peak Physique</b> Cate	<b>Barre</b> Cassidy	<b>Peak Physique</b> Cate	<b>Bootcamp</b> Tabi	<b>Fusion Yoga</b> Cheryl	<b>ZUMBA</b> Lexi
<b>10:30 AM</b>			<b>Bootcamp</b> Cate	<b>Fusion Yoga</b> Cheryl	<b>Barre</b> Cate	<b>Barre HIIT</b> Kandyce	
<b>12:00 to 12:45 PM</b>		<b>Peak HIIT</b> Lindsey	<b>Peak Release</b> Cate	<b>Peak HIIT</b> Lindsey	<b>Peak Release</b> Cate		<small>9/1/2024</small>
<b>4:30 PM</b>		<b>Barre</b> Mary 4:30-5:15		<b>Barre</b> Chelsey 4:30-5:15		<b>Body &amp; Soul</b> Tabi	Classes 60 mins, Cycling 45 mins, Water 60 mins, Unless Indicated.
<b>5:30 PM</b>		<b>Body &amp; Soul</b> Lexi	<b>BOOTCAMP</b> Cassidy	<b>Body &amp; Soul</b> Tabi	<b>BOOTCAMP</b> Lindsey		
<b>6:45 PM</b>			<b>ZUMBA</b> Lexi				

## Cycling Studio

<b>6:30 AM</b>		<b>Cycle Sculpt</b> Lindsey		<b>Cycle Sculpt</b> Julie		<b>Spinning</b> Lindsey	
<b>8:00 to 10:15 AM</b>	<b>Spinning</b> Katy 8:00-8:45	<b>Bike Bootcamp</b> Lexi 10:15-11:00	<b>Spinning</b> Heather 9:15-10:00	<b>Bike Bootcamp</b> Cate 10:15-11:00		<b>Spinning</b> Julie 9:15-10:00	<b>Cycle Sculpt</b> Julie 9:00-10:00
<b>12:00 to 12:45 PM</b>			<b>Spinning</b> Lindsey		<b>Spinning</b> Julie		 <small>Group Schedule Download</small>
<b>4:30 PM &amp; 5:30PM</b>		<b>Cycle Sculpt</b> Chelsey 5:30-6:15	<b>Spinning</b> Julie 4:30-5:15	<b>Spinning</b> Katy 5:30-6:15	<b>Spinning</b> Lexi 4:30-5:15	<b>Spinning</b> Katy 5:30-6:15	

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](http://www.PeakHealthGyms.com/Idaho)



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Pulse Access App

