

# January BLUE MTN CLASS SCHEDULE (BM)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	PEAK Strength Cardio - 45	CORE/ BODYATTACK-45 Tour De Tunes	PEAK Strength Cardio - 45 SPRINT-30	*5:30 Cycling Intervals	PEAK Plyo & Strength - 45	<b>LESMILLS LAUNCH January 9-15</b>	
8 am	BODYPUMP	Cycle-45	Body Sculpt 45	Cycle-45	BODYPUMP FUNtastic Ride		
8:30 am			Body 401K		Body 401K	GRIT CARDIO-30	
9 am	Mat Pilates-45	Sound Strength 45 Mat Pilates-45	Step Bamboo Bodies 45 Step	CORE/ BODYBALANCE 45 Mat Pilates-45	Bamboo Bodies 45	BODYPUMP Mat Pilates	
9:30 am	Mellow Cycle						
10 am		Gentle Yoga	*10:10 Oula		Oula		
10:30 am	Senior Strength	Senior Strength	Gentle Yoga-75	Senior Strength			
11 am		Tai Chi Chih		Tai Chi Chih			Restore Yoga 75
NOON	Oula 12:05-12:50 Cycle Intervals	PEAK Extreme	Cycle-30	BODYPUMP-45	PEAK Extreme		
	Gentle Yoga	Power Yoga	Vinyasa Yoga	Gentle Yoga	Vinyasa Yoga		
12:30 pm			GRIT STRENGTH-30				
4 pm		PEAK Strength 45					Oula
5 pm	GRIT-30				<b>Location Key</b> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #e0f2f1;">Group Fit Studio Blue Mountain</div> <div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;">Cycling Studio Blue Mountain</div> </div> <div style="border: 1px solid black; padding: 5px; background-color: #fff9c4; margin: 5px auto; width: fit-content;">Mind &amp; Body Studio Racquet Club</div>		
5:35 pm	BODYPUMP	CORE/ BODYBALANCE 45	BODYPUMP-45	5:30 Yin & Stretch-75			
	SPRINT CYCLE-30	5:30 Cycle Intervals	SPRINT CYCLE-30				
6 pm	NEW TIME 5:30 BODYBALANCE		Power Yoga			NEW CLASS BODYBALANCE	

**ATTENTION! WE HAVE A NEW APP FOR SIGNING UP FOR CLASS: *Peak Health & Wellness MSLA***

This app is an all-in-one member engagement app. Download the app on your device and/or computer for class registration and much more.

**TO LOG IN use your EMAIL and TEMP 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.**



406 251-3344 / peakmissoula.com

**Use QR Code for quick class sign up**



Computer



Google Play



App Store

BM: Mon-Fri 5 am-10 pm, Sun-Sat 7 am- 8 pm

RC: Mon-Thu 6 am-10 pm, Fri 6 am-8:30 pm, Sat-Sun 7 am-8 pm

DT: Mon-Fri 5 am-9 pm, Sat-Sun 7 am-8 pm

# Blue Mountain Class Schedule

LM - Indicates LES MILLS classes

## CYCLING

**Cycle:** Combination of short, high intensity bursts of speed, with slow recovery phases. 60 min & 30 min

**LM SPRINT:** High intensity interval training (HIIT) on a bike. Max effort will smash your fitness goals and build your endurance like you never imagined. 30 min

**Tour de Tunes:** Each weekly ride revolves around an exclusive music genre-instructors choice. Big focus on hill climbs and creating an outside ride inside. 60 min

**Mellow Cycle:** A fun and effective, leisurely workout to the sounds of inspirational music. Warm up, cycle, cool down and stretch. 45 min

**FUNtastic Ride:** A fun cycling class with intervals, climbs & some blended endurance work. Enjoy a blend of old & new Rock 'n Roll & Country selected to inspire your mind & train your body. 60 min

## GROUP FITNESS

**LM BODYPUMP:** The original workout. Use barbells, plates & benches to build muscle throughout your entire body. Low weight & high repetition will fatigue one muscle group at a time. 45 & 60 min

**LM BODYATTACK:** High energy, sports-inspired cardio endurance training. Work strength, cardio and agility. 45 min

**LM CORE:** Core conditioning using resistance bands weights to strengthen the entire core. Not recommended for pregnant participants. 30 min

**LM-CORE/BODY BALANCE:** Core conditioning using resistance bands and weights followed by 15-minute fusion of yoga, tai chi and Pilates. 45 min

**LM-GRIT:** High-intensity interval training (HIIT). Short bursts of work followed by minimal recovery will send your heart rate into overdrive and leave your body burning calories up to 16 hours post exercise (EPOC effect) Not recommended for pregnant participants. 30 min

**LM-GRIT STRENGTH:** High-intensity interval training (HIIT). Focus on load and range to elevate the heart rate. Use bars, plates and bodyweight movement exercises to build strength you didn't know was possible. Not recommended for pregnant participants. 30 min

**LM-GRIT CARDIO:** High intensity interval training (HIIT). Speed, speed and more speed! A variety of full body movements that will get you fit fast. Integrated training for arms, legs and core. No equipment in this format. Not recommended for pregnant participants. 30 min

**LM-GRIT ATHLETIC:** High intensity interval training (HIIT). The ultimate sport training utilizing bench, plates, drill speed, agility and power to increase your athletic abilities in sports and everyday functional movement. 30 min

**OULA:** High energy workout that combines the depth and soulfulness of a mind body practice with the carefree playfulness of a living room dance party. 45 min & 60 min

**Body Sculpt:** High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance. 60 min

**Senior Strength:** Combination of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All levels and abilities welcome! 60 min

**Sound Strength:** A low-impact, full-body strength workout to fun music that uses bands, weights and small exercise balls to crank up the burn. 45 & 60 min

**PEAK Strength:** Use body-bars, hand weights and interval training to target specific muscle groups and achieve optimum heart rates through high repetition and endurance based exercises. Adjust weights to meet individual needs. 45 min & 60 min

**PEAK Strength and Cardio:** Incorporates calisthenics, running, jumping and weight lifting done at high intensity, short intervals. 45 min

**PEAK Plyo and Strength:** Metabolic conditioning that maximizes your calorie burn using a variety of cardio, strength and mobility training. Core movements combined with minimal equipment to give you a quick, high intensity workout followed by a short mobility session. 45 min

**PEAK Extreme:** Cardio based, total body conditioning with plyometric drills and strength, power and resistance intervals. 60 min

**Step:** Aerobic exercise using of an elevated platform (the step). Step height can be adjusted to meet your individual fitness level. Step combines endurance and strength training. 60 min

## MIND & BODY

**Bamboo Bodies (all levels):** A strength conditioning class, rejuvenate and recondition the body through Qigong and corrective exercises. Better your balance and discover internal energy training with focused movement and breath, barefoot work, weight-bearing exercises and self-massage.

**Barre (all levels):** A fusion of ballet, yoga, and Pilates. Combining cardio & flow elements of ballet with toning benefits of Pilates & yoga for an energetic and challenging workout. 18 participant limit.

**LM BODYBALANCE:** Tai Chi, yoga, Pilates inspired fusion class set to music that will challenge your balance, work your core, build your strength and increase your flexibility.

**Gentle Yoga (all levels):** A personalized approach to yoga postures with focus on pain-free range of motion. Class compliments strenuous athletic activities as well as those new to yoga.

**Pilates (all levels):** A contemporary, anatomically based approach to the mind-body exercise developed by Joseph Pilates. Exercises focus on stability and/or mobilizing the spine and pelvis while improving functional strength, flexibility, endurance and posture.

**Power Hour Yoga:** Energetic Vinyasa flow focused on strength, endurance and flexibility. Come prepared to work, sweat, breathe and stretch.

**Restorative Yoga (all levels):** Uses props to help body relax into poses held for several minutes to encourage passive stretching.

**T'ai Chi Chih (all levels):** A non-martial art form comprised of 19 movements and one pose. Focus is on activating, circulating, developing and balancing of chi - the body's life force. The practice is meditation in motion anchored in mindfulness. Beginners can easily learn movements. Great for all levels of fitness and ages.

**Vinyasa Yoga (all levels):** Postures are connected with breathing, helping to build mental focus, clarity, determination, and patience. Vinyasa yoga may also be known as a flow style yoga.

**Yin Yoga (all levels):** A synthesis of traditional yoga and eastern approaches to healing and well-being. Through sustained holds, in the floor postures of the Yin Yoga tradition we are able to bring healing to our organs, and the connective tissues of the body.

**Yoga Sculpt:** Fitness-based workout that integrates dynamic vinyasa yoga postures. Fun flow that emphasizes breath, strength, muscular endurance, flexibility and cardio vascular fitness.

## SILVER SNEAKERS/SENIORS

The Silver Sneakers® Fitness Program is an innovative health, exercise and wellness program. Get fit, have fun, make friends! Contact our Membership Team if your insurance supports Silver Sneakers Programs, 251-3344.

**\*\*If you are unable to make a class, PLEASE cancel your reservation (preferably 24 hours prior to class) so that the next person on the waiting list is notified of the opening.**