

# January DOWNTOWN CLASS SCHEDULE (DT)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am	SPRINT-30	BODYPUMP	BODYCOMBAT-45	GRIT-30		<b>LESMILLS LAUNCH January 9-15</b>	
7:30 am		Morning Flow Yoga-75					
8 am						BODYATTACK 45	
9 am	Oula	LESMILLS CORE 30	PEAK Strength	Bamboo Bodies Basics-45 downstairs	BODYPUMP	Sound Strength 45	BODYPUMP
	Yin Yoga 75	Bamboo Bodies Basics-45 upstairs	Vinyasa Yoga 75	Restorative Yoga 75	Chair Yoga	Bamboo Bodies-45	
10 am	Sound Strength		Senior Strength			Oula	
10:30 am	Vinyasa Yoga 75	Vinyasa Yoga 75	Gentle Yoga 75	Vinyasa Yoga 75	Vinyasa Yoga 75	Vinyasa Yoga 75	
11 am				Rock Bottoms	11:40 GRIT-30		Yoga Sculpt
12:10 pm	PEAK Strength	Oula-45	BODYPUMP 45	Oula-45	12:15 Oula-45		
	Mat Pilates-45	Foam Roller Yoga-45	Mat Pilates-45	BARRE-45	Mat Pilates-45		
1 pm	Senior Strength						
4:30 pm	GRIT STRENGTH-30	BODYPUMP	BODYATTACK 45	BODYPUMP			4-5:15 pm Gentle Yoga 75
				NEW TIME BODY BALANCE 60			
5 pm	LM CORE-30						
5:30 pm	Oula	5:35 BODYCOMBAT	Oula	5:35 BODYCOMBAT			NEW CLASS 5:30-6:45 pm Restorative Yoga
		SPRINT-30	Cycle-45	SPRINT-30	<b>Downtown Location Key</b> <div style="background-color: #c8e6c9; padding: 5px; margin-bottom: 5px;">Group Fit Studio</div> <div style="background-color: #e0e0e0; padding: 5px; margin-bottom: 5px;">Cycling Studio</div> <div style="background-color: #fff9c4; padding: 5px;">Mind &amp; Body Studio</div>		
	Vinyasa Yoga	Mat Pilates-45	BODY BALANCE				
6:15 pm		Vinyasa Yoga-75					
6:30 pm			Vinyasa Yoga	NEW TIME Vinyasa Yoga			

**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.**



**Use QR Code for quick class sign**



Computer



Google Play



App Store

**406 251-3344 peakmissoula.com**

**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

# DOWNTOWN CLASS SCHEDULE

**LM - Indicates LES MILLS classes**

## CYCLING

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

## GROUP FITNESS

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

**LM-BODYCOMBAT:** High -energy, martial arts workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. 45 min

**LM-BODYPUMP:** The original barbell workout, BODYPUMP is 25+ years old! Use barbells, plates and benches to build lean muscle throughout your entire body. Low weight and high repetition will fatigue one muscle group at a time. 45 min & 60 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:** 30-minute 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

**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 min & 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

**Rock Bottoms:** Work the glutes and connected muscle groups from every angle to tone and strengthen thighs and hips using free weights, barbells and other equipment. All fitness levels!

## MIND & BODY

**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.

**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. Focus is on combining cardio and flow elements of ballet with toning benefits of Pilates and yoga for an energetic and challenging workout.

**Gentle Yoga (all levels):** A well rounded moderate yoga class with a daily meditation, seated and standing postures, strengthening balance poses & time for renewal.

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

**Morning Flow Yoga:** All levels vinyasa flow that will start off slow to get your body and breath moving.

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

**Vinyasa Yoga (all levels):** A powerful combination of strength conditioning with yoga flow. The poses will tone every muscle using body weight and/or weights.

**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 helping older adults live healthy, active lifestyles. Get fit, have fun, make friends! Insurances may save you \$ on your membership. Contact our Membership Team if your insurance supports Silver Sneakers.

**Bamboo Bodies Basics:** Focus on movement through neuro-based exercises to improve balance, range of motion and strength. In this fun and energetic class, you will stimulate the body with self-massage, strengthen with corrective exercises and improve balance through Qigong routines to create a supple and strong body.

**Senior Strength:** Combo of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All welcome.

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