



DOWNTOWN July Cycling



HEALTH & WELLNESS Mon-Fri 5 am-10 pm / Sat-Sun 7 am-8 pm Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960 / peakmissoula.com

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|--|--|-----|
| Intervals 5:05 am Dan | Cycle/Core 6 am Tara | Intervals 5:30 pm Laney | Intervals 5:30 pm Jami | Cycling, Pump & Core 9:10-10:25 am Richel | Intervals 9 am Jami/Monique | |
| Intervals Noon Kammy | Intervals 5:30 pm Jami | | | Intervals 12:10-12:55 pm Rob | | |
| Intervals 5:30 pm Pam | | | | | | |

4th of July Weekend
Modified Class Schedule
July 1, Sat: No Classes
July 2, Sun: Pilates, 9 am, DT/Isabelle
July 3, Mon: Pilates, 9 am, DT/Isabelle
 Gentle Yoga, 10:30, DT/Isabelle
 Cardio Strength, 8 am, BI Mtn/Richel
 Cycling, 9 am, BI Mtn/Dan
 Oula, 9:15 am, BI Mtn/Beckie
DT Members welcome to BI Mtn classes July 3
July 4, Tue: No Classes
Club Hours: 5am-2pm
Jungle Closed both locations July 1-4

**Please note that instructors are subject to change.



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Class Schedules
peakmissoula.com

Cycling Class Descriptions

General Cycling Overview

Indoor cycling integrates motivating music, mind-body synergy and unparalleled training benefits. Stationary bicycles are used to simulate the effects of inertia and momentum. Whether you're a beginner or an experienced cyclist, bikes can be adjusted to meet your individual ability or physical need. Your instructor will lead you through different styles of rides focused on endurance, strength, intervals, high intensity and recovery. A total-body workout to burn calories, strengthen your cardiovascular system and increase muscular endurance.

Recommended equipment: cycling/tennis shoes, padded shorts, water bottle.

Cardio 20/20/20

20 minutes each of cycling, circuit training and abdominal work.

Cycle & Core (all levels)

Cardio and strength come together when simulating an outdoor ride with sprints, hill climbs and other terrain, the class ends with a variety core exercises.

Cycling Interval

Combines short, high intensity burst of speed, with slow recovery phases. This is repeated several times with variations throughout the class.

Cycling/Pump & Core (all levels)

This class starts in the Cycling Studio for a 50 minute ride and then continues off the bike with strength and core exercises using weights.