



RACQUET CLUB

July Mind & Body



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
Yoga for Runners 6:30 am Sherie	Gentle Yoga 6:45-8 am Maer	Vinyasa Yoga 6 am Julie	Gentle Yoga 6:45-8 am Maer	Pilates 9 am Stephanie	Pilates 9 am July 8 - Danika July 15 - Tanya July 22 - Dan July 29 - Jenna	Restorative Yoga 11 am-12:15 pm Sarah
Pilates 8 am Jenna/Dan	Pilates 9 am Kathy	Pilates 9 am Rotation	Pilates 9 am Dan	*Barre 10 am Stephanie		
*Barre 9 am Jenna/Kathryn	Tai Chi 11 am Lynne	All Levels Yoga 10:30-11:45 am Isabelle	Tai Chi 11 am Lynne	Vinyasa Yoga Noon-1:15 pm Isabelle	Yoga 10:15-11:30 am July 8 - Danika July 15 - Linda F. July 22 - Marie July 29 - Sarah	
All Levels Yoga 10:30-11:45 am Sarah	Yin Yoga 5-6:10 pm Caitlin	Vinyasa Yoga Noon-1:15 pm Isabelle	Pilates Noon Kate			
Beginners/Gentle Yoga Noon Sarah	*Barre 6:15 pm Jenna	Vinyasa Yoga 6-7:15 pm Becca	Yin Yoga 5-6:10 pm Jordan			
Pilates 5:30 pm Danika			*Barre 6:15-7 pm Jenna			
Vinyasa Yoga 6:30 pm Rachel						

**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.

Most Group Fitness classes are 55 minutes.
 *Barre class size is limited to 18 participants.
 ** Member: Free, Guest: \$10



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 Class Schedules
 peakmissoula.com

Mind & Body Class Descriptions

All Levels/ Continuing Yoga	A posture focused class with emphasis on alignment. Be prepared to use props to assist movement into beginner and intermediate level poses. All levels welcome.
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. Class size is limited to 18 participants.
Beginning Vinyasa	Introduces class to the link between breath and movement while improving strength and flexibility.
Beginning Yoga	A gentle series of exercises performed in a slow and controlled way. The focus of this class is increasing strength, flexibility, and balance.
Gentle Yoga (all levels)	A personalized approach to yoga postures with focus on pain-free range of motion. This class compliments strenuous athletic activities and is also appropriate for 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.
Restorative Yoga (all levels)	Uses props to help body relax into poses held for several minutes to encourage passive stretching.
Tai Chi (all levels)	A mindful practice and low-impact exercise. It can be done by anyone who can walk. Tai Chi improves balance, cardiovascular endurance, strength and posture.
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 for Runners	Whether you run all the time or just beginning, this class is designed to bring your body back to balance. Improve flexibility, range of motion, loosen tight spots, strengthen weak spots and help injury prevention, as well as, improve mental focus and relieve stress.