



DOWNTOWN September 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 5:30 am Dan	Cycle/Core 6 am Tara	Cycle/Yoga 6:30-7:15 am Cycle 7:15-8 am Yoga Bristol/Kate	Intervals 5:30 pm Danika	Cycling, Pump & Core 9:10-10:25 am Richel	Intervals 9 am Jami/Monique	
Intervals 9 am Tamara	Intervals 5:30 pm Jami	Intervals 5:30 pm Tannis		Intervals 12:10-12:55 pm Rob		
Intervals Noon Tamara						
Intervals 5:30 pm Pam						

**Labor Day Weekend
September 2-4:
No Classes
Jungle Closed**

**Monday, Labor Day
Club Hours:
5 am-2pm**

**Thursday, September 7
No Classes After 5 pm
Early Club Closure:
6 pm
For Staff BBQ**

**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.

Cycle/Yoga Combo

A Fusion of 45 minutes of energetic interval cycling followed by 45 minutes of deep stretching with yoga postures.