



# DOWNTOWN September 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
<b>Pilates</b> 6:30-7:15 am Dan	<b>Barre</b> 6-6:45 am Kelly	<b>Cycle/Yoga</b> 6:30-7:15 am Cycle 7:15-8 am Yoga Bristol/Kate	<b>Barre</b> 6-6:45 am Kathryn	<b>Kundalini &amp; Flow</b> 7:30-8:45 am Kate	<b>Vinyasa Yoga</b> 10:15-11:30 am Bri/Kate	<b>Restorative Yoga</b> 11:15 am-12:30 pm Isabelle
<b>Foam Roller/Yoga</b> 9-10:15 am Isabelle	<b>Slow Morning Yoga</b> 7:30-8:45 am Robin	<b>Yoga Foundations</b> 9-10:15 am Kendra	<b>Slow Morning Yoga</b> 7:30-8:45 am Isabelle	<b>Vinyasa Yoga</b> 10:30-11:45 am Linda		<b>Sunday Night Yoga</b> 5-6:15 pm Jordan
<b>Gentle Yoga</b> 10:30-11:45 am Isabelle	<b>Pilates</b> 9:15 am Isabelle	<b>Vinyasa Yoga</b> 10:30-11:45 am Linda	<b>Pilates</b> 9:15 am Jenna	<b>*Pilates</b> 12:10-12:55 pm Marie	<b>Yoga Nidra FREE Demo Class with Isabelle Downtown: Sat, Sept 9, 4 pm Racquet Club: Wed, Sept 13, 4:45 pm</b>	
<b>*Barre</b> 12:10-12:55 pm Caitlin	<b>Vinyasa Yoga</b> 10:30-11:45 am Isabelle	<b>*Pilates</b> 12:10-12:55 pm Kayla	<b>Vinyasa Yoga</b> 10:30-11:45 am Isabelle	<b>Yoga for Relaxation</b> 5:15-6:30 pm Amber		
<b>**Prenatal Yoga</b> 4-5:15 pm Amber	<b>*Pilates</b> 12:10-12:55 pm Pam	<b>**Prenatal Yoga</b> 4-5:15 pm Amber	<b>*Barre</b> 12:10-12:55 pm Barbie	<b>Guided Meditation</b> 6:30-7 pm Amber	<b>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</b>	
<b>Barre</b> 5:30 pm Caitlin	<b>Align &amp; Refine</b> 4-5:15 pm Liam	<b>Yin Yoga</b> 6:30-7:45 pm Jordan	<b>Yoga For Weightlifters</b> 4-5 pm Liam			
<b>Vinyasa Yoga</b> 6:30-7:45 pm Kate	<b>Pilates</b> 5:30 pm Marie		<b>Pilates</b> 5:30 pm Tanya			
	<b>Vinyasa Yoga</b> 6:30-7:45 pm Marie		<b>Vinyasa Yoga</b> 6:30-7:45 pm Sarah B.			

Most Group Fitness classes are 55 minutes. \* Express classes are 45 minutes.  
\*\* Please note that instructors are subject to change.



# Mind & Body Class Descriptions

<b>Align &amp; Refine (all levels)</b>	An alignment-based class will balance your muscles and bones, head to toe, with an emphasis on āsana (postures) awareness, healthy body positioning and breathing practices.
<b>Barre (all levels)</b>	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.
<b>Cycle/Yoga Combo</b>	A Fusion of 45 minutes of energetic interval cycling followed by 45 minutes of deep stretching with yoga postures.
<b>Gentle Yoga (all levels)</b>	A well rounded moderate yoga class with a daily meditation, seated and standing postures, strengthening balance poses, and time for renewal.
<b>Guided Meditation</b>	A rotation of guided mediations for calming anxiety, metta, body awareness and returning to the now.
<b>Foam Roller/Yoga</b>	All levels yoga with foam rolling of different muscle groups to bring the body into balance.
<b>Kundalini &amp; Flow</b>	Incorporates movement, dynamic breathing techniques, meditation and vinyasa flow. The goal is to build physical vitality and increase consciousness. All levels welcome.
<b>Pilates (all levels)</b>	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.
<b>Pre/Postnatal</b>	Focus on strengthening upper body and hip opening for birth. Special modifications and instruction for trimester and 6 week postpartum moms. Free to members, \$10 per class for guest.
<b>Restorative/ Foam Roller Yoga (all levels)</b>	This all levels relaxing yoga class focuses on stretching the muscles and calming the mind, using gentle yoga postures held for a long time, as well as breathing and meditation techniques. The foam roller is used on the second and fourth Sundays of the month. If you prefer to not use the foam roller, an alternative yoga posture will be offered.
<b>Slow Morning Yoga (all levels)</b>	Slow paced class focusing on muscle synergy and breath.
<b>Sunday Night Yoga</b>	Class starts with a longer warm up followed by classical Vinyasa flow and ends with 30-40 minutes of restorative.
<b>Vinyasa Yoga (all levels)</b>	A powerful combination of strength conditioning with yoga flow. The poses and series will tone every muscle in the body using body weight and/or weights.
<b>Yin Yoga (all levels)</b>	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.
<b>Yoga Foundations</b>	Through breath and intelligent alignment, you'll find the heart of each yoga asana (posture). This class is slower, simpler, though not necessarily easier, than a typical vinyasa sequence.
<b>Yoga Relaxation</b>	A healing blend of gentle yoga combined with longer held yin & restorative postures. A wonderful way to find stress Relief through mindfulness, breathing and gentle body movements.
<b>Yoga For Weightlifters (all levels)</b>	Designed to keep lifting muscles elastic, supple and injury-free. No yoga experience necessary. This class caters to lifters and all other stiff-bodied, Viking-heritage types.