



# DOWNTOWN October Group Fit



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>CSI</b> 6 am Kayli	<b>Oula Power</b> 6-6:45 am Kathryn	<b>CSI</b> 6 am Kayli	<b>P90X Live</b> 6 am Bridgette	<b>*INSANITY</b> 6-6:45 am Bridgette	<b>Muscle Pump</b> 9 am Ashley	<b>Cardio Core &amp; More</b> 9 am Brittney/Bridgette
<b>*POUND</b> 8:30 am Lori	<b>Cardio Sculpt</b> 10 am Agnes	<b>Senior Fitness</b> 8 am Marlon	<b>Cardio Sculpt/Core</b> 10:30 am Agnes	<b>Pump &amp; Core</b> 8 am Pam	<b>Zumba</b> 10 am Heather	
<b>Oula</b> 9:30 am Lizzie	<b>Rock Bottoms</b> 11 am Agnes	<b>Muscle Pump</b> 9:15 am Emily	<b>Rock Bottoms</b> 11 am Agnes	<b>Cycling, Pump &amp; Core</b> 9:10-10:25 am Richel		
<b>Muscle Pump</b> 10:30 am Christy Jo	<b>* Oula</b> 12:10-12:55 pm Jen/Paige	<b>* Muscle Pump</b> 12:10-12:55 pm Tara V.	<b>*Oula</b> 12:10-12:55 pm Tracy	<b>Muscle Pump</b> 11:15 am-Noon Emily		
<b>* Muscle Pump</b> 12:10-12:55 pm Tara V.	<b>Insanity</b> 4:30 pm Kammy	<b>Oula</b> 5:30 pm Kathryn	<b>Boot Camp</b> 4:30 pm Alysen	<b>*Oula</b> 12:10-12:55 pm Emily/Jen		
<b>Oula</b> 5:30 pm Jen/Todd	<b>Zumba</b> 5:30 pm Heather		<b>*Oula Power</b> 5:30-6:15 pm Amanda T.			
<b>P90X Live</b> 6:30 pm Bridgette						

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



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# Group Fitness Class Descriptions

<b>Boot Camp (all levels)</b>	Power, strength and agility are the name of the game in this military inspired circuit class that will push you to your limits. As you work your way through each station, you'll lunge, crunch, press and more for a full body workout.
<b>Cardio Core &amp; More</b>	High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance.
<b>Cardio Sculpt</b>	High Energy Cardio Blast using a step, free weights, and other tools for maximum toning and calorie burning to achieve toned arms and legs, a lifted butt, and a functionally fit core.
<b>Cardio Sculpt/Core</b>	30 minutes of cardio sculpt and core work.
<b>Cardio 20/20/20</b>	20 minutes each of cycling, circuit training and abdominal work.
<b>CSI Circuit Style Intervals (all levels)</b>	High energy ,calorie burning at your own pace. Works all muscle groups using body weight and props.
<b>Cycling Pump &amp; Core</b>	Cycling first 20 minutes, weights high repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance
<b>INSANITY</b>	This 45-minute class is cardio intense, training your entire body with no weights required! You work in 3-5 minute segments at a higher intensity, with short breaks. Insanity instructors can help customize the workout to fit all bodies and fitness levels.
<b>Muscle Pump (all levels)</b>	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.
<b>Oula® &amp; Intro to Oula® (all levels)</b>	High-energy cardio workout, easy to learn workout for people who shake their groove thangs when no one is watching. Open to all ages, experiences and mobility levels. Enjoy Top 40 hits, hootin' and hollering and letting it all go. Intro to Oula® will break down the moves that you see in Oula®.
<b>Oula® Power</b>	45 minute conditioning class that begins with an empowering warm up, followed by high energy cardio tracks to get your heart pumping, then transitions into a series of conditioning tracks that focus on strengthening and toning using jbody weight. This class features moves from HIIT formats, Pilates, yoga and dance conditioning classes. Music is carefully selected to inspire.
<b>POUND</b>	The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. You will squat, lunge, and pound with drum sticks to the beat of inspiring music. No drumming or dance experience necessary.
<b>Pump and Core (all levels)</b>	High repetition to tone & sculpt every muscle. Focused on balance, core strength, muscle development to improve strength and endurance.
<b>P90X Live</b>	P90X Live a total-body, cardio & strength training class that uses body weight as well as dumbbells, bars & resistance bands. Workouts follows a sequence of training Blocks: cardio, lower body strength, upper body strength & core for a complete full-body workout. Movements within the workout can be modified to accommodate a wide range of fitness levels and abilities.
<b>Rock Bottoms</b>	Work the glutes and connected muscle groups from every angle to create a tight and shapely tush, toned thighs, and slender hips using free weights, barbells, and other equipment.
<b>Senior Fitness</b>	A standing class which includes circuits and balance exercises. All levels and abilities are welcome.
<b>Total Body Conditioning (all levels)</b>	Cardio based total body conditioning with plyometric drills and strength, power, and resistance intervals.
<b>Zumba</b>	A total workout, combining all elements of fitness; cardio, muscle conditioning, balance and flexibility through Latin style of dance.