



# DOWNTOWN December 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

**Intervals**  
9 am  
Tamara

**Intervals**  
Noon  
Tamara

**Cycle/Core**  
6 am  
Tara

**Intervals**  
5:30 pm  
Jami

**Cycle/Yoga**  
6:30-7:15 am Cycle  
7:15-8 am Yoga  
Bristol/Kate

**Mellow Cycling**  
9:30 am  
Dan

**Intervals**  
5:30 pm  
Tannis

**Intervals**  
5:30 pm  
Danika

**NEW Cycling,  
Pump & Core**  
\*45 min Group Fit room  
/45 min Cycling come to  
one or both  
8:35-10:05 am  
Richel

**Intervals**  
12:10-12:55 pm  
Rob

**Intervals**  
9 am  
Monique/Tamara/  
Becky

**Early Closure December 2**  
All Locations: 5 pm  
For Staff Christmas Party

**Early Closure**  
Christmas Eve, 2 pm  
Closed Christmas Day

**NO CLASSES**  
December 23-26

**Dec 31 & Jan 1**  
Club Hours: 7 am-8 pm

**Modified Class Schedule Jan 1**  
Blue Mountain  
8 am Cycle/Dan  
9 am Boot Camp/Bridgette  
10:15 am Oula/Lizzie & Katie

**Downtown**  
10-11:15 am Yoga/Isabelle

**Jungle Closed December 23-26**  
and January 1

**JUMP FOR WATSON**  
Tuesday, December 12  
Blue Mountain with Dan  
6-6:45 am  
6:45-7:30 am  
8-8:55 am  
Choose one or more times.  
All donations go to  
Watson Children Shelter.

\*\*Please note that instructors are subject to change.



Download Our Mobile App  
Or Visit Our Website For  
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.**

## **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 Group Fit Studio for 45 minutes of strength & core and transitions to the Cycling Studio for a 45 minute ride. Come to one or both, all welcome!

## **Cycle/Yoga Combo**

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

## **Mellow Cycling (all levels)**

Emphasis is on providing a fun and effective leisurely workout to the sounds of inspirational music. Warm up, cycle, cool down and stretch.