



DOWNTOWN December 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
CSI 6 am Kayli	Oula Power 6-6:45 am Kathryn	CSI 6 am Alysen	P90X Live 6 am Bridgette	INSANITY 6 am Bridgette	Muscle Pump 9 am Ashley	Cardio Core & More 9 am Brittney/Bridgette
Oula 9:30 am Lizzie	Cardio Sculpt 10 am Agnes	Senior Fitness 8 am Marlon	Cardio Sculpt/Core 10:30 am Agnes	NEW Cycling, Pump & Core *45 min Group Fit room /45 min Cycling come to one or both 8:35-10:05 am Richel	Zumba 10 am Heather	
Muscle Pump 10:30 am Christy Jo	Rock Bottoms 11 am Agnes	Muscle Pump 9:15 am Emily	Rock Bottoms 11 am Agnes			
* Muscle Pump 12:10-12:55 pm Tara V.	* Oula 12:10-12:55 pm Jen	* Muscle Pump 12:10-12:55 pm Tara V.	*Oula 12:10-12:55 pm Tracy	Muscle Pump 11:15 am-Noon Emily		
Oula 5:30 pm Jen/Todd	Insanity 4:30 pm Kammy	Oula 5:30 pm Kathryn	Boot Camp 4:30 pm Alysen	*Oula 12:10-12:55 pm Emily/Jen		
P90X Live 6:30 pm Bridgette	Zumba 5:30 pm Heather	P90X Live 6:30 pm Justine	*Oula Power 5:30-6:15 pm Amanda T.			

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

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



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Class Schedules
peakmissoula.com

Group Fitness Class Descriptions

Boot Camp (all levels)	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.
Cardio Core & More	High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance.
Cardio Sculpt	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.
Cardio Sculpt/Core	30 minutes of cardio sculpt and core work.
CSI Circuit Style Intervals (all levels)	High energy ,calorie burning at your own pace. Works all muscle groups using body weight and props.
Cycling Pump & Core	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!
INSANITY	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.
Muscle Pump (all levels)	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.
Oula® (all levels)	High-energy cardio workout, easy to learn workout for people who shake their groove things 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.
Oula® Power	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.
Pump and Core (all levels)	High repetition to tone & sculpt every muscle. Focused on balance, core strength, muscle development to improve strength and endurance.
P90X Live	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.
Rock Bottoms	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.
Senior Fitness	A standing class which includes circuits and balance exercises. All levels and abilities are welcome.
Total Body Conditioning (all levels)	Cardio based total body conditioning with plyometric drills and strength, power, and resistance intervals.
Zumba	A total workout, combining all elements of fitness; cardio, muscle conditioning, balance and flexibility through Latin style of dance.