



# DOWNTOWN November 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
<b>Intervals</b> 5:30 am Dan	<b>Cycle/Core</b> 6 am Tara	<b>Cycle/Yoga</b> 6:30-7:15 am Cycle 7:15-8 am Yoga Bristol/Kate	<b>Intervals</b> 5:30 pm Danika	<b>Cycling, Pump &amp; Core</b> 9:10-10:25 am Richel	<b>Intervals</b> 9 am Monique/Tamara/ Becky	
<b>Intervals</b> 9 am Tamara	<b>Intervals</b> 5:30 pm Jami	<b>Mellow Cycling</b> 9:30 am Dan		<b>Intervals</b> 12:10-12:55 pm Rob		
<b>Intervals</b> Noon Tamara		<b>Intervals</b> 5:30 pm Tannis				

**Thanksgiving Day**  
**Club Hours: 5 am-2 pm**  
**Modified Group Fit Class Schedule**  
**Downtown Members Welcome**  
**Blue Mountain**  
 8 am Cycling/Dan  
 8 am Gym Class Heroes/Jessica  
 9:15 am Oula/Tracy & Kathryn  
 9:15-10:30 am Cycling/Tamara & Monique  
**Downtown**  
 10-11:15 am All Levels Yoga/Isabelle

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



# 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 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.

## **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.