



DOWNTOWN November 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
Pilates 6:30-7:15 am Dan	Barre 6-6:45 am Kelly	Cycle/Yoga 6:30-7:15 am Cycle 7:15-8 am Yoga Bristol/Kate	Barre 6-6:45 am Kathryn	Kundalini & Flow 7:30-8:45 am Kate	Vinyasa Yoga 10:15-11:30 am Bri/Kate	Restorative Yoga 11:15 am-12:30 pm Isabelle
Foam Roller/Yoga 9-10:15 am Isabelle	Slow Morning Yoga 7:30-8:45 am Robin	Yoga Foundations 9-10:15 am Kendra	Slow Morning Yoga 7:30-8:45 am Isabelle	Vinyasa Yoga 10:30-11:45 am Linda	Yoga Nidra 4-5 pm Isabelle	Sunday Night Yoga 5-6:15 pm Sherie
Gentle Yoga 10:30-11:45 am Isabelle	Pilates 9:15 am Isabelle	Vinyasa Yoga 10:30-11:45 am Linda	Pilates 9:15 am Jenna	*Pilates 12:10-12:55 pm Marie		
*Barre 12:10-12:55 pm Caitlin	Vinyasa Yoga 10:30-11:45 am Isabelle	*Pilates 12:10-12:55 pm Kayla	Vinyasa Yoga 10:30-11:45 am Isabelle	Yoga for Relaxation 5:15-6:30 pm Amber		
**Prenatal Yoga 4-5:15 pm Amber	*Pilates 12:10-12:55 pm Dan	**Prenatal Yoga 4-5:15 pm Amber	*Barre 12:10-12:55 pm Barbie	Guided Meditation 6:30-7 pm Amber		
Barre 5:30 pm Caitlin	Align & Refine 4-5:15 pm Liam	Yin Yoga No Class Nov 22 6:30-7:45 pm Rotation	Yoga For Weightlifters 4-5 pm Liam			
Vinyasa Yoga 6:30-7:45 pm Kate	Pilates 5:30 pm Marie		Pilates 5:30 pm Tanya			
	Vinyasa Yoga 6:30-7:45 pm Marie		Vinyasa Yoga 6:30-7:45 pm Gracie			

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

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



Mind & Body Class Descriptions

Align & Refine (all levels)	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.
Barre (all levels)	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.
Cycle/Yoga Combo	A Fusion of 45 minutes of energetic interval cycling followed by 45 minutes of deep stretching with yoga postures.
Gentle Yoga (all levels)	A well rounded moderate yoga class with a daily meditation, seated and standing postures, strengthening balance poses, and time for renewal.
Guided Meditation	A rotation of guided mediations for calming anxiety, metta, body awareness and returning to the now.
Foam Roller/Yoga	All levels yoga with foam rolling of different muscle groups to bring the body into balance.
Kundalini & Flow	Incorporates movement, dynamic breathing techniques, meditation and vinyasa flow. The goal is to build physical vitality and increase consciousness. All levels welcome.
Pilates (all levels)	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.
Pre/Postnatal	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.
Slow Morning Yoga (all levels)	Slow paced class focusing on muscle synergy and breath.
Sunday Night Yoga	Class starts with a longer warm up followed by classical Vinyasa flow and ends with 30-40 minutes of restorative.
Vinyasa Yoga (all levels)	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.
Yin Yoga (all levels)	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.
Yoga Foundations	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.
Yoga Relaxation	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.
Yoga For Weightlifters (all levels)	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.
Yoga Nidra	Yoga Nidra (body sleeping with wakeful awareness) is a guided meditation that allows you to experience deep relaxation through a release of your physical, energetic, mental/emotional, witness, and bliss body. Through conscious awareness and stillness, healing inwardly effortlessly occurs. We will be resting in corpse (Savasana) pose for the whole Yoga Nidra. Any one can practice yoga.