



DOWNTOWN January 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	Cycle/Core 6 am Tara	Cycle/Yoga 6:30-7:15 am Cycle 7:15-8 am Yoga Bristol/Kate	Intervals 5:30 pm Danika	Pump, Core & Cycle 8:35-10:05 am Richel	Intervals 9 am Monique/Tamara/ Becky	
Intervals 9 am Tamara	*NEW Pump, Core & Cycle Starts 1/9 Meet in Group Fit Studio 8 am Carole	Mellow Cycling 9:30 am Dan		Intervals 12:10-12:55 pm Rob		
Intervals Noon Tamara	Intervals 5:30 pm Jami	Intervals 5:30 pm Tannis				
Intervals 5:30 pm Brooklyn						

**Les Mills Body Pump
Demo Classes
All Members Welcome**
Blue Mountain
Wednesday, Jan 3, 5:30 pm
Saturday, Jan 20, 11:30 am

**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 January 1

**Please note that instructors are subject to change.



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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.

Pump, Core & Cycle (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.