



# DOWNTOWN January 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
<b>CSI</b> 6 am Kayli	<b>*NEW Pump, Core &amp; Cycle Starts 1/9</b> Meet in Group Fit Studio 8 am Carole	<b>CSI</b> 6 am Alysen	<b>P90X Live</b> 6 am Bridgette	<b>INSANITY</b> 6 am Bridgette	<b>Muscle Pump</b> 9 am Ashley	<b>Cardio Core &amp; More</b> 9 am Brittney/Bridgette
<b>Oula</b> 9:30 am Lizzie	<b>NEW Bamboo Bodies Seniors</b> 9 am Angi	<b>Senior Fitness</b> 8 am Marlon	<b>*NEW Bamboo Bodies Seniors</b> 9 am Angi	<b>Pump, Core &amp; Cycle</b> Meet in Group Fit Studio 8:35-10:05 am Richel	<b>Zumba</b> 10 am Heather	
<b>Muscle Pump</b> 10:30 am Christy Jo	<b>Cardio Sculpt</b> 10 am Agnes	<b>Muscle Pump</b> 9:15 am Emily	<b>Cardio Sculpt/Core</b> 10:30 am Agnes	<b>Muscle Pump</b> 11:15 am-Noon Emily	<b>*NEW Bamboo Bodies Seniors</b> 11 am Angi	
<b>* Muscle Pump</b> 12:10-12:55 pm Tara V.	<b>Rock Bottoms</b> 11 am Agnes	<b>* Muscle Pump</b> 12:10-12:55 pm Tara V.	<b>Rock Bottoms</b> 11 am Agnes	<b>*Oula</b> 12:10-12:55 pm Emily/Jen		
<b>Oula</b> 5:30 pm Jen/Todd	<b>* Oula</b> 12:10-12:55 pm Jen	<b>Oula</b> 5:30 pm Kathryn	<b>*Oula</b> 12:10-12:55 pm Tracy			
<b>P90X Live</b> 6:30 pm Bridgette	<b>Insanity</b> 4:30 pm Justine	<b>P90X Live</b> 6:30 pm Justine	<b>Boot Camp</b> 4:30 pm Alysen			
	<b>Zumba</b> 5:30 pm Heather		<b>*Oula Power</b> 5:30-6:15 pm Amanda T.			

**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

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



# Group Fitness Class Descriptions

<b>Bamboo Bodies Seniors</b>	Focus on senior movement through neuro-based exercises to improve balance, range of motion and strength. In this fun and energetic class, you will stimulate the body with self-massage, strengthen with corrective exercises and improve balance through Qigong routines to create a supple and strong body.
<b>Boot Camp (all levels)</b>	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.
<b>Cardio Core &amp; More</b>	High repetition to tone and sculpt every muscle. Focused on balance, core strength and muscle development to improve strength and endurance.
<b>Cardio Sculpt</b>	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.
<b>Cardio Sculpt/Core</b>	30 minutes of cardio sculpt and core work.
<b>CSI Circuit Style Intervals (all levels)</b>	High energy ,calorie burning at your own pace. Works all muscle groups using body weight and props.
<b>Pump, Core &amp; Cycle</b>	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!
<b>INSANITY</b>	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.
<b>Muscle Pump (all levels)</b>	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.
<b>Oula® (all levels)</b>	High-energy cardio workout, easy to learn workout for people who shake their groove thangs 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.
<b>Oula® Power</b>	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.
<b>Pump and Core (all levels)</b>	High repetition to tone & sculpt every muscle. Focused on balance, core strength, muscle development to improve strength and endurance.
<b>P90X Live</b>	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.
<b>Rock Bottoms</b>	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.
<b>Senior Fitness</b>	A standing class which includes circuits and balance exercises. All levels and abilities are welcome.
<b>Total Body Conditioning (all levels)</b>	Cardio based total body conditioning with plyometric drills and strength, power, and resistance intervals.
<b>Zumba</b>	A total workout, combining all elements of fitness; cardio, muscle conditioning, balance and flexibility through Latin style of dance.