



DOWNTOWN February 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	Griz Spin 2/3 ONLY 8 am Dan	
Intervals 9 am Tamara	Glute, Core & Cycle Meet in Group Fit Studio 8:15 am Carole	Mellow Cycling 9:30 am Dan		Intervals 12:10-12:55 pm Rob	Intervals 9 am Monique/Tamara/ Becky	
Intervals Noon Tamara	Intervals 5:30 pm Jami	Intervals 5:30 pm Tannis				
Intervals 5:30 pm Brooklyn						

FEBRUARY 3, ONLY
GRIZ SPIN
8 am

**Please note that instructors are subject to change.



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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.

Cycle/Yoga Combo

A Fusion of 45 minutes of energetic interval cycling followed by 45 minutes of deep stretching with yoga postures.

Glute, Core & Cycle

This class starts in the Group Fit Studio for 25 minutes glute & core work and transitions up to Cycling Studio for 25 minutes of cycling. Come to one or both, all welcome.

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.

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!