



# DOWNTOWN February 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
<b>Pilates</b> 6:30-7:15 am Dan	<b>Barre</b> 6-6:45 am Kelly	<b>Cycle/Yoga</b> 6:30-7:15 am Cycle 7:15-8 am Yoga Bristol/Kate	<b>Slow Morning Yoga</b> 7:30-8:45 am Isabelle	<b>Kundalini &amp; Flow</b> 7:30-8:45 am Kate	<b>*NEW Bamboo Bodies</b> 9 am Angi	<b>Restorative Yoga</b> 11:15 am-12:30 pm Isabelle
<b>Foam Roller/Yoga</b> 9-10:15 am Isabelle	<b>Slow Morning Yoga</b> 7:30-8:45 am Robin	<b>Yoga Foundations</b> 9-10:15 am Kendra	<b>Pilates</b> 9:15 am Kayla	<b>*NEW Barre-less</b> 9 am Brittany	<b>Vinyasa Yoga</b> 10:15-11:30 am Bri/Kate	<b>Sunday Night Yoga</b> 4-5:15 pm Sherie
<b>Gentle Yoga</b> 10:30-11:45 am Isabelle	<b>Pilates</b> 9:15 am Isabelle	<b>Vinyasa Yoga</b> 10:30-11:45 am Linda	<b>Vinyasa Yoga</b> 10:30-11:45 am Isabelle	<b>Vinyasa Yoga</b> 10:30-11:45 am Linda		
<b>*Barre</b> 12:10-12:55 pm Caitlin	<b>Vinyasa Yoga</b> 10:30-11:45 am Isabelle	<b>*Pilates</b> 12:10-12:55 pm Kayla	<b>*Barre</b> 12:10-12:55 pm Barbie	<b>*Pilates</b> 12:10-12:55 pm Marie		
<b>**Prenatal Yoga</b> 4-5:15 pm Amber	<b>*Pilates</b> 12:10-12:55 pm Dan	<b>**Prenatal Yoga</b> 4-5:15 pm Amber	<b>Yoga For Stiff Bodies</b> 4-5 pm Liam	<b>Yoga for Relaxation</b> 5:15-6:30 pm Amber		
<b>Barre</b> 5:30 pm Caitlin	<b>Align &amp; Refine</b> 4-5:15 pm Liam	<b>*NEW Bamboo Bodies</b> 5:30 pm Angi	<b>Pilates</b> 5:30 pm Tanya	<b>Guided Meditation</b> 6:30-7 pm Amber		
<b>Vinyasa Yoga</b> 6:30-7:45 pm Kate	<b>Pilates</b> 5:30 pm Marie	<b>*NEW Body 401K</b> 6:30-7 pm Angi	<b>Vinyasa Yoga</b> 6:30-7:45 pm Gracie			
	<b>Vinyasa Yoga</b> 6:30-7:45 pm Marie	<b>Barre</b> 7-7:45 pm Kathryn				

Most Group Fitness classes are 55 minutes. \* Express classes are 45 minutes.

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



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# Mind & Body Class Descriptions

<b>Align &amp; Refine (all levels)</b>	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.
<b>Bamboo Bodies (all levels)</b>	A strength conditioning class, rejuvenate and recondition the body through Qigong and corrective exercises. Better your balance and discover internal energy training with focused movement and breath, barefoot work, weight-bearing exercises and self-massage.
<b>Barre (all levels)</b>	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.
<b>Barre-less (all levels)</b>	It's barre without the barre! Classic barre exercises have been adapted to be performed in the center of the room either standing or on the floor using theraband. You will challenge the core for balance and total body proprioception.
<b>Body 401K (all levels)</b>	Learn self-massage and self-care techniques that you can do at home to keep you doing the things you love while staying balanced and healthy.
<b>Cycle/Yoga Combo</b>	A Fusion of 45 minutes of energetic interval cycling followed by 45 minutes of deep stretching with yoga postures.
<b>Gentle Yoga (all levels)</b>	A well rounded moderate yoga class with a daily meditation, seated and standing postures, strengthening balance poses, and time for renewal.
<b>Guided Meditation</b>	A rotation of guided mediations for calming anxiety, metta, body awareness and returning to the now.
<b>Foam Roller/Yoga</b>	All levels yoga with foam rolling of different muscle groups to bring the body into balance.
<b>Kundalini &amp; Flow</b>	Incorporates movement, dynamic breathing techniques, meditation and vinyasa flow. The goal is to build physical vitality and increase consciousness. All levels welcome.
<b>Pilates (all levels)</b>	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.
<b>Pre/Postnatal</b>	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.
<b>Slow Morning Yoga (all levels)</b>	Slow paced class focusing on muscle synergy and breath.
<b>Sunday Night Yoga</b>	Class starts with a longer warm up followed by classical Vinyasa flow and ends with 30-40 minutes of restorative.
<b>Vinyasa Yoga (all levels)</b>	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.
<b>Yoga Foundations</b>	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.
<b>Yoga Relaxation</b>	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.
<b>Yoga For Stiff Bodies (all levels)</b>	Yoga for the inflexible and stiff bodies.