



# RACQUET CLUB

# 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-

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Pilates</b> 9 am Stephanie	<b>Sunrise Yoga</b> 6:15 am Amber	<b>Vinyasa Yoga</b> 6 am Julie	<b>Sunrise Yoga</b> 6:15 am Amber	<b>*NEW Body 401K</b> 8:30-9 am Angi	<b>Pilates</b> 9 am Danika	<b>Restorative Yoga</b> 11 am-12:15 pm Sarah
<b>All Levels Yoga</b> 10:30-11:45 am Sarah	<b>Pilates</b> 9 am Jenna	<b>*NEW Body 401K</b> 8:30-9 am Angi	<b>Pilates</b> 9 am Jenna	<b>*NEW Bamboo Bodies</b> 9 am Angi	<b>Yoga</b> 10:15-11:30 am Danika	
<b>Beginners/Gentle Yoga</b> Noon Sarah	<b>*Barre</b> 10 am Jenna	<b>*NEW Bamboo Bodies</b> 9 am Angi	<b>Tai Chi</b> 11 am Lynne	<b>*Barre</b> 10 am Stephanie		
<b>*NEW Barre-less</b> 4:30 pm Brittany	<b>Tai Chi</b> 11 am Lynne	<b>All Levels Yoga</b> 10:30-11:45 am Isabelle	<b>Pilates</b> Noon Kate	<b>Vinyasa Yoga</b> Noon-1:15 pm Isabelle		
<b>Pilates</b> 5:30 pm Danika	<b>Yin Yoga</b> 5:15-6:30 pm Caitlin	<b>Vinyasa Yoga</b> Noon-1:15 pm Isabelle	<b>Yin Yoga</b> 5:15-6:30 pm Sarah B.			
<b>Vinyasa Yoga</b> 6:30 pm Rachel	<b>*Barre</b> 6:30-7:15 pm Jenna	<b>*Barre</b> 6:30-7:15 pm Jenna				
		<b>Vinyasa Yoga</b> 6:15-7:30 pm Becca				

Please note that instructors are subject to change.

Most Group Fitness classes are 55 minutes.  
 \*Barre class size is limited to 18 participants.  
 \*\* Member: Free, Guest: \$10



Download Our Mobile App  
 Or Visit Our Website For  
 Class Schedules  
[peakmissoula.com](http://peakmissoula.com)

# Mind & Body Class Descriptions

<b>All Levels/ Continuing Yoga</b>	A posture focused class with emphasis on alignment. Be prepared to use props to assist movement into beginner and intermediate level poses. All levels welcome.
<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. Class size is limited to 18 participants.
<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>Beginning Vinyasa</b>	Introduces class to the link between breath and movement while improving strength and flexibility.
<b>Beginning Yoga</b>	A gentle series of exercises performed in a slow and controlled way. The focus of this class is increasing strength, flexibility, and balance.
<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>Gentle Yoga (all levels)</b>	A personalized approach to yoga postures with focus on pain-free range of motion. This class compliments strenuous athletic activities and is also appropriate for those new to yoga.
<b>Pilates (all levels)</b>	A contemporary, anatomically based approach to the mind-body exercise developed by Joseph Pilates. Exercises focus on stability and/or mobilizing the spine and pelvis while improving functional strength, flexibility, endurance and posture.
<b>Restorative Yoga (all levels)</b>	Uses props to help body relax into poses held for several minutes to encourage passive stretching.
<b>Tai Chi (all levels)</b>	A mindful practice and low-impact exercise. It can be done by anyone who can walk. Tai Chi improves balance, cardiovascular endurance, strength and posture.
<b>Vinyasa Yoga (all levels)</b>	Postures are connected with breathing, helping to build mental focus, clarity, determination, and patience. Vinyasa yoga may also be known as a flow style yoga.
<b>Yin Yoga (all levels)</b>	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.