



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

**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**

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



Mind & Body Class Descriptions

Align & Refine (all levels)	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.
Bamboo Bodies (all levels)	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.
Barre (all levels)	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.
Barre-less (all levels)	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.
Body 401K (all levels)	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.
Cycle/Yoga Combo	A Fusion of 45 minutes of energetic interval cycling followed by 45 minutes of deep stretching with yoga postures.
Gentle Yoga (all levels)	A well rounded moderate yoga class with a daily meditation, seated and standing postures, strengthening balance poses, and time for renewal.
Guided Meditation	A rotation of guided mediations for calming anxiety, metta, body awareness and returning to the now.
Foam Roller/Yoga	All levels yoga with foam rolling of different muscle groups to bring the body into balance.
Kundalini & Flow	Incorporates movement, dynamic breathing techniques, meditation and vinyasa flow. The goal is to build physical vitality and increase consciousness. All levels welcome.
Pilates (all levels)	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.
Pre/Postnatal	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.
Slow Morning Yoga (all levels)	Slow paced class focusing on muscle synergy and breath.
Sunday Night Yoga	Class starts with a longer warm up followed by classical Vinyasa flow and ends with 30-40 minutes of restorative.
Vinyasa Yoga (all levels)	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.
Yoga Foundations	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.
Yoga Relaxation	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.
Yoga For Weightlifters (all levels)	Designed to keep lifting muscles elastic, supple and injury-free. No yoga experience necessary. This class caters to lifters and all other stiff-bodied, Viking-heritage types.