

## Class Descriptions:

- ✓ Boot Camp: get ready for a little Step Aerobics, some push ups, some jumping jacks and a lot of different body weight exercises using a Boot Camp Theme.
- ✓ Cardio Jam: This dance class will really get you sweating. Every week a different era of music will be used to get you into shape with this Cardio Dance class!
- ✓ Cardio Kick: High energy, fast paced, full body workout. Good way to kick and punch your stress away while burning hundreds of calories. Blends elements of boxing, martial arts, and traditional aerobics. Bring your boxing gloves too!
- ✓ Chisel: This total body reformation class will be held in a fast-paced boot camp style format. Weights, calisthenics, and other tools will be used to sculpt and shape muscles along with cardio interval bursts to blast fat. Format will change often to keep you on your toes.
- ✓ Spin Classes: Indoor cycle classes are fun and a great way to get your cardio workout!!! You will burn around 700 calories in each class!!! Each instructor has there own way of teaching this fun class – so take a class from all our hard body instructors.
- ✓ Kick Boxing: Kick it and sweat that fat off your bod with this high energy fast paced class.
- ✓ Peak Pump: Class uses barbells and weights to sculpt your body by working on one body area and rotating to another. Class will work your entire body.
- ✓ Peak Variety: Class is designed to use every fitness tool Peak has, along with your body weight and functional fitness moves. Class has lots of variety and is fast pace. We also offer Peak Variety for Kids ages 6-12 years old!
- ✓ Pilates: Sculpt and tone your body by using traditional Pilate's positions and breathing techniques. Pilates strengthens your core and lengthens your muscles to give you a tone and sculptured look.
- ✓ Sliver Sneakers: This class uses full range of mutation designed for the active 65 years and up. Weights, balls and tubing is used in this national recognized chair based fitness program.
- ✓ Senior Weight Training: Are you 55 and up – then is group weight training class is for you. Class is conducted using the weighted fitness equipment on the floor at Peak. A certified personal trainer will work with you and show you how to safety use the equipment and everyone is given a written workout.
- ✓ Spin Classes: Indoor cycle classes are fun and a great way to get your cardio workout!!! You will burn around 700 calories in each class!!! Each instructor has there own way of teaching this fun class – so take a class from all our hard body instructors.
- ✓ Trouble Zones: This class is designed to tighten your problem areas, ab's, butt, thigh's, etc. Just let your trainer know what your problem areas are and the class will be designed to take care of them!!
- ✓ Weight Training 101: Does the strength equipment at Peak scare you?? Are you not sure how to sit on the equipment? Are you afraid that you might get hurt? This class taught by a certified Personal Trainer is for you. Meet your Trainer in the gym lobby for a few minutes on instruction and then get ready to workout and to learn.
- ✓ Flow Yoga - Vinyasa: Class is designed to increase your flexibility, your strength, your endurance, improve your core all while moving threw very traditional Yoga poses designed to length you, release toxins from your body, increase your mental focus and your energy. Class will begin with fluid movements, then sitting poses and finally relaxation.