











PEAK of POST FALLS - GROUP FITNESS SCHEDULE

Group Fitness Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:05am								
	8:30am						8am (Sat) 8:30 (Sun)		
	9:30am						9:15am		
	10:35am		ZUMBA		ZUMBA		10:30am	ZUMBA	
	12:00pm / Noon						3:15pm		
	4:30pm					Body VIVE 5-5:40 PM	4:30pm		
	5:45pm								
	7:00pm			ZUMBA					
	POLICIES	Please sign-up for BODYPUMP		Sign-up is available 2-days prior to class		\$2 fee will be charged for NO SHOWS			Schedule may change.

RPM Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:15am								
	7:30am						7:30am		
	8:30am						9:15am		
	5:45pm								
	POLICIES	Please sign-up for RPM		Sign-up is available 2-days prior to class		\$2 fee will be charged for NO SHOWS			Effective: 2/13/12

 <p>BODYPUMP is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!</p>	 <p>BODYCOMBAT is the empowering cardio workout where you are totally unleashed! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.</p>
 <p>BODYSTEP is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.</p>	 <p>BODYVIVE is the low-impact, whole body group fitness workout that uses VIVE balls, VIVE tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on!!</p>
 <p>BODYJAM is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend and get front and center!</p>	 <p>Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body. It's not a workout, it's a party!</p>
 <p>BODYFLOW is the yoga, tai chi and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.</p>	
 <p>RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.</p>	