

JUNE 2021



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|---|--|--|--|--|--|---------------------------------------|
| AM Classes | | | | | | | |
| 5:30-6:30 | NEW Yoga Taylor 6:00-7:00am | Cardio Barre Fusion Jill | Cardio+ Debra | Barre Fusion Jill | Just Pump Debra | | |
| 7:00-8:00 | | | | NEW Yoga Taylor 7:45-8:45am | | Cardio Barre Fusion Jill | |
| 8:00-9:00 | Low Impact M.I.I.T. Ginny 8:00-8:45am | | Muscle Conditioning Ginny | | Muscle Conditioning Ginny | | Breathing & Stretching Sunnie |
| 8:15-9:15 | | | | | | | |
| 8:30-9:30 | | | | | | NEW Yoga Taylor | |
| 9:00-10:00 | Breathing & Stretching Sunnie 9:15-10:15am | Deep Stretch Sunnie 9:15-10:15am | Low Impact M.I.I.T. Ginny 9:00-9:45am | Stretch Sunnie 9:15-10:15am | Pilates Cooldown Sunnie 9:15-10:15am | | Gentle Yoga Sunnie 9:15-10:15am |
| 9:30-10:30 | | | | | | | |
| 10:00-11:00 | | Balance & Stability Elana 10:30-11:00am | Stretch Cooldown Sunnie 10:00-11:00 | NEW Step Theresa 10:30-11:00am | Balance & Stability Elana 10:30-11:00am | NEW Foam Rolling Elana 10:30-11:30am | |
| 11:45-12:45 | | | | | | | |
| PM Classes | | | | | | | |
| 4:30-5:30 | Muscle Conditioning Steve | Gentle Yoga Sunnie | Muscle Conditioning Steve | | NEW Muscle Conditioning Steve | | |
| 6:00-7:00 | | | | | | | |

Schedules and class descriptions are also located at
www.peaksathleticclub.com

HOW TO SIGN UP FOR A CLASS

- 1) Go to peaksathleticclub.com/aerobics
- 2) Under the schedule, read "Read before signing up for a class"
- 3) Scroll down to "Select Aerobic Class"
- 4) Choose the class you would like to sign up for by clicking "Sign Up"
- 5) Enter in all the required information
- 6) Confirm