

December 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

AM Classes 5:30-6:30	Barre Fusion Jill	Pilates Nicole 6:30-7:30am	Cardio Plus Debra	Barre Fusion Jill	Just Pump Debra		
7:00-8:00			Energize Yoga Nicole 6:30-7:30am			Cardio Circuit 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						Yoga* Scott	
9:00-10:00	Breathing & Stretching Sunnie 9:15-10:15am	Deep Stretch Sunnie	Muscle Conditioning Ginny	H.I.I.T Ginny	Muscle Conditioning Ginny		Gentle Yoga Sunnie 9:15-10:15am
9:30-10:30							
10:00-11:00			Stretch Cooldown Sunnie 10:15-11:15	Stretch Sunnie 10:30-11:30am	Pilates Cooldown Sunnie 10:15-11:15	Muscle Conditioning Steve	
11:45-12:45							
PM Classes 4:30-5:30	Muscle Conditioning Steve	Gentle Yoga Sunnie	Strength Training Steve				
6:00-7:00					Schedules and class descriptions are also located at www.peaksathleticclub.com classes marked with a "*" are an extra \$3 charge		

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