



Hayden Group Fitness



95 W. CENTA AVE. ~ HAYDEN, IDAHO 83835 ~ 208.762.5777

4/26/21

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 to 6:30 AM			Transform Julie L		Transform Julie L		
7:30 to 8:30							Pilates Becki G
8:00 to 8:50			STRONG Interval Patty		RIP Patty		
9:00 to 10:00		Step & Condition Amber		Cardio Step Teresa (50 min)			Cardio Step Roni (50 min)
9:15 to 10:15			Pilates Teresa		Pilates Danielle	STRONG CIRCUIT Linda	
10:30 to 11:30		Forever Fit Kat (10:30 - 11:25)		Forever Fit Kat (10:30 - 11:25)	HIGH FITNESS Chelsea	PEAK Z EXPLOSION Heidi	RIP Roni (10:00-10:50)
11:00 to 12:00							<i>Soul Fusion</i> Jenn
4:30 to 5:30 PM		RIP Heidi (50 min)	Pilates Becki (4:30 - 5:25)	U-JAM Kat	Pilates Becki G		
5:45 to 6:45		PEAK Z EXPLOSION Heidi	<i>Body & Soul</i> Rachel S	Barre Above® Danielle (6:00 - 7:00)	25/25/10 KICKBOXING Shawna (5:40 - 6:40)		
7:00 to 7:55			KICKBOXING Shawna		<i>Soul Fusion</i> Jenn		

All Classes Require Advance Sign-up on the Mind Body App to Reserve Your Spot In Class - All Class Sizes Are Limited.

Cycling Schedule

5:30 to 6:30 AM		<i>Spinning</i> Trena		<i>Spinning</i> Trena		<i>Spinning</i> Trena	
7:45 to 8:45							<i>Spinning</i> Rachel
8:00 to 8:50		<i>Spinning</i> Julie L		<i>Spinning</i> Julie L		<i>Spinning</i> Rachel	
9:15 to 10:15			<i>Spinning</i> Patty		<i>Spinning</i> Patty		
4:30 to 5:30 PM		<i>Spinning</i> Patty		<i>Spinning</i> Patty			
6:00 to 6:50			<i>Spinning</i> Sean		<i>Spinning</i> Karen		

All Classes Require Advance Sign-up on the Mind Body App to Reserve Your Bike. All Class Sizes are Limited.

PEAK's Current Hours: Monday – Friday 5 AM to 9 PM & Saturday – Sunday 7 AM to 7 PM

**Policy for all classes: Participants must be signed up on MindBody and present in class 5 minutes prior to the class start time, or any other waiting participant may take your reserved spot.*



Class Descriptions

All Classes Require Advance Sign-up on the Mind Body App to Reserve Your Spot.
All Class Sizes Are Limited.

- 25/25/10 KICKBOXING** ~ BURN while you BUILD basic defense skills! 25-minutes Cardio Kickboxing with FUN combos, followed by 25-minutes paired up to alternate between BASIC pad holding and BASIC combos. Gloves OPTIONAL and provided or you can bring your own. Occasional LIGHT weights used. Final 10-minutes core and a well-deserved stretch. FUN FOR ALL fitness levels so bring a friend! *Bring a mat if preferred for core/stretch.
- KICKBOXING** ~ 55 Minutes ~ BURN while you BUILD basic defense skills! We will focus on technique for this class with a little less cardio than 25/25/10 Kickboxing, and more time for pad/glove work. It is a GREAT Workout. You can bring your own gloves Or use equipment provided. Perfect for beginners and experienced. Fun For All!
- BARRE ABOVE** ~ Techniques used from Pilates, Ballet, Calisthenics and Yoga. Improve balance, flexibility and cardiovascular endurance using the floor and Barre.
- BODY AND SOUL** ~ A sensual dance class that incorporates strength, body awareness, posture and balance techniques. Designed for all skill levels, you can make this class in intense cardio/strength workout, or just a way to raise the heart rate and loosen up the body.
- CARDIO DRUMMING** ~ A full-body cardio jam session inspired by sweat-dripping fun by playing the drums. Using slightly weighted drum-sticks to torch calories. Drum your way to a leaner slimmer physique, all while working out to your favorite music!
- FOREVER FIT** ~ A fun filled 55-minute class that will offer options to challenge all ages and fitness levels. Includes cardio, strength training, balance and flexibility. A variety of equipment will be used and classes will vary. An active older adult class.
- HIGH FITNESS** ~ HIGH fitness has brought aerobics back in a hip and unique way! Think Old School Aerobics made Modern. Cardio and toning meet Jane Fonda with a side of Richard Simmons. You will have a blast, see real results both physically and mentally, and leave this class wanting more because it's so much fun!
- PEAK Z Explosion** ~ Peak instructors will Zap your stamina with their high energy dance fitness moves during this 1-hour class. Modifications provided throughout this explosive workout.
- PILATES** ~ A mind body technique by using the breath, developing core stability, flexibility, and muscle tone without impacting joints.
- RIP** ~ RIP is a group weight training program designed to accommodate a wide range of fitness levels. The goal is to improve muscular strength and endurance to our participants with a safe and effective workout.
- SOUL FUSION** ~ A highly energetic and sexy dance fitness class designed for all abilities. This class teaches basic dance and body movement, incorporates cardio and strength-oriented exercises to funky dance music, and will have you feeling more energized, confident, and stronger. Shoes or no shoes optional.
- SPINNING** ~ A cycling program led by certified instructors to music for everyone, any age, at every level of fitness. Come 10 minutes early to your very first class for bike setup and instruction. Bring water and a sweat towel.
- STEP & CONDITION** ~ Prepare for a motivating higher paced step workout with powerful conditioning. Receive that extra dash of heart pumping energy.
- STRONG CIRCUIT** ~ A great cross-training boot-camp class. Working all the major muscles with our Strong equipment and adding some cardio to our circuit stations.
- STRONG INTERVAL** ~ A 50-minute class featuring blocks of 3 strong weight lifting intervals with a 1-minute cardio segment. Designed to attack all major muscles including the heart!
- TRANSFORM** ~ A fusion of core, glut, cardio and strength interval workouts. A class with sporadically chosen sports influenced movements. This class focuses on transforming to a better improved body.
- U-JAM** ~ An addictive dance fitness format that will make you move, sweat and smile. Expect funky, adrenaline based urban beats from around the world with easy-to-follow choreography. Everyone, everywhere can get their jam on in this class.
- YOGA** ~ A centering exercise, warm-up stretches, classical YOGA postures (Hatha Yoga) with a stress management focus. Each class ends with a guided relaxation.

FEES ~ **Members:** Free **Non-Members:** \$128 for sixteen punch card pass, or 1 class \$12.00
Contact your doctor before starting an exercise program in case of existing heart problems, pain, or other physical problems.

For More Information, Contact
Linda Yates, Group Fitness
Director at 208.762.5777