


PEAK

Coeur d'Alene Group Fitness

940 Ironwood Drive ~ Coeur D'Alene, ID 83815 208-667-2582

~ 2021 GROUP FITNESS SCHEDULE ~

5/10/21	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 to 8:30 am		AQUA FIT Jamie		AQUA FIT Dana		AQUA FIT Kat	STRONG Megan (7:45 – 8:45)
9:00 to 10:00 am	Yoga Cheryl 9:15-10:15	Peak Physique Dana	Barre Bootcamp Chelsey	Peak Physique Dana	STRONG Chelsey	Fusion Yoga Cheryl	ZUMBA Megan
9:30 to 10:30 am		AQUA FIT Narine		AQUA FIT Narine		AQUA FIT Jamie	
10:30 to 11:30 am		ZUMBA & Tone Marilee	Bootcamp Cate	Yoga Cheryl	Barre Cate	ZUMBA & Tone Marilee	Yoga Sarah (10:00 – 11:00)
12:00 to 1:00 Noon Express		X-FIT Cate	PEAK RELEASE Dana	X-FIT Anna		X-FIT Narine	
1:30 to 2:30			AQUA FIT Narine		AQUA FIT Dana		
4:15 to 5:15 pm		Yoga Sandra				Body & Soul Tabi (4:30 – 5:30)	
5:30 to 6:30 pm		 Megan	STRONG Megan	Body & Soul Power Tabi	Barre Bootcamp Lindsey		
6:45 to 7:45pm		Body & Soul Jessie	ZUMBA Megan				

Spinning Schedule

SPINNING CLASSES MUST BE SIGNED UP FOR IN ADVANCE. **THERE IS A \$5 FEE** FOR NO SHOW OR CANCELLATION MADE LESS THAN 1 HOUR PRIOR TO CLASS TIME

5:15 to 6:00 am			Spinning Katy		Spinning Katy		
6:30 to 7:15 am		Cycle Sculpt Lindsey		Cycle Sculpt Julie			Spinning Amy M (7:45 – 8:30)
8:00 to 8:45 am	Spinning Katy						
9:15– 10:00 am				BIKE-N-BARRE Cate 10:15 – 11:00		Spinning Julie	Cycle Sculpt Julie (9:00 – 9:50)
12:00 to 12:45 Noon Express		BIKE-N-BARRE Dana	Spinning Lindsey	Cycle Sculpt Cassidy	Spinning Julie		
5:30 to 6:15 pm		Spinning Chelsey	Spinning Julie 4:30 – 5:15	Spinning Katy	Bike Bootcamp Megan 4:30 – 5:15	Spinning Katy	

Peak CDA Hours: Monday – Friday 5 AM to 9 PM, Saturday & Sunday 7am – 7 pm

Please sign up for all classes on the MINDBODY APP

QUESTIONS: PLEASE CONTACT GROUP FIT DIRECTOR DANA DAVIS (208) 667-2582

Class Descriptions

AQUA FIT– Provides an all-over workout without impact on your joints. Working against the resistance of the water helps you achieve muscle strength and tone, as well as aerobic endurance.

BARRE: No dance experience needed! Find your inner ballerina through rhythmical toning and stretching.

BARRE BOOTCAMP: A little more intensity! Cardio intervals and plyometrics added. No dance experience needed! Find your inner ballerina through rhythmical toning and stretching.

BIKE AND BARRE: This class takes place in the spinning room and utilized the bike, as a Barre. Intervals are done on and off the bike! No dance or spinning experience necessary.

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. NO dance experience needed!

BODY AND SOUL POWER: Body and Soul with higher intensity. Explode with POWER as you increase your dance experience with larger movements, faster tempos, and powerful jumps.

BARRE BOOTCAMP: A little more intensity! Cardio intervals and plyometrics added. No dance experience needed! Find your inner ballerina through rhythmical toning and stretching.

BIKE BOOTCAMP – Cardio and strength intervals both on and off the bike. This class is great for all levels with modifications given.

BOOTCAMP - This INTERVAL style class is a challenging workout designed to give you the best cardio and strength training to offer a high energy total body workout.

CYCLE SCULPT: Our new cycle class that is a unique combination of cycling and strength by incorporating your body weight as resistance. This is high intensity class based off of our regular spin classes with a little extra muscle!

FUSION YOGA- A total body mind workout using focused attention and breath to gain the most benefits with a unique variety of yoga, pilates, and chi flow.

INSANE ABS: A 45-minute class focused on high intensity core exercises. Designed to push your “powerhouse” to the max!

PEAK PHYSIQUE - A rigorous no-impact class that combines the techniques & principles of mat Pilates, power yoga, & balance training. We incorporate mats, balls, bands and mini weights.

PEAK RELEASE – Release the stress in your body with this mindfulness class devoted to deep forms of stretching and myofascial release. This is a slow-paced class designed for all levels that focuses not only on your physical health, but mental health as well.

SPINNING - Based on the sport of outdoor cycling; this is a class on a special stationary bike that simulates riding hills, flats, and rolling terrain. Be prepared to sweat and have fun. You’ve heard about these classes, space is limited, so please sign-up at the front desk and you must arrive 5 minutes early. *Sign-up available two days in advance.

STRONG - A revolutionary new way to strength train using adjustable barbell weights. This class will sculpt and shape you from head to toe. This class targets all of your major muscle groups. Sign-up is required to ensure equipment availability. (For all levels)

STRONG BY ZUMBA: STRONG by Zumba is the **first non-dance based class from the fitness brand**. The newest of all Zumba classes revolves around high-intensity interval training , but still focuses on moving to the beat

U-JAM – Urban Fitness unites world beats with Urban flavor and takes you on an athletic cardio workout that tones your body.

X-FIT- (Extreme Fitness/P 90X) This class is structured around “muscle confusion.” The more you confuse, the harder the body has to keep up; more variety you put into working out, the better and faster your results will be. This is a high intensity muscle building class and is for intermediate and advanced members.

YOGA - Mix of strong, energetic movements that flow from one posture to the next. It targets every major portion of the body using power yoga poses and stretches. It is designed to heat the body internally to build strength, increase cardiovascular endurance, and calm the mind. Take it at your own pace, great for all levels.

ZUMBA and TONE - Have fun and spice up your workout regime with this lower intensity class by doing combinations of choreographed dance with lots of energy and attitude. No dance background required. All fitness levels welcome.

