

APRIL CLASS SCHEDULE

SUNDAYS

9:00AM SUMMIT + STEP

Lisa

10:30AM PEAK1

Lisa

MONDAYS

10:30AM PEAK1

Jennie

12:15PM SUMMIT (45min)

Ashley

6:15PM MOBILITY

Ashley

TUESDAYS

10:30AM SUMMIT

Ashley

12:15PM PEAK2 (45min)

Jennie

5:00PM PEAK1

Ashley

7:30PM DESCEND

Kaitlin

WEDNESDAYS

10:30AM PEAK1 + DESCEND

Kaitlin

12:15PM PEAK2 (45min)

Ashley

6:15PM PEAK2

Erin

7:30PM DESCEND

Erin

THURSDAYS

6:00AM WARM PEAK1

Kaitlin

10:30AM PEAK2

Cynthia

12:15PM MOBILITY (45 min)

Suzet

5:00PM SUMMIT

Ashley

6:15PM BARRE + YOGA

Lisa

FRIDAYS

7:30AM MOBILITY

Ashley

10:30AM PEAK1

Suzet

12:15PM SUMMIT + STEP

(45min) *Ashley*

SATURDAYS

9:00AM PEAK1 + DESCEND

Kaitlin

10:30AM PEAK1

Ashley



PEAKZEN
YOGA

CLASS DESCRIPTIONS

PEAK1

A great power vinyasa yoga class if you are new to PeakZen Yoga but also a challenging workout for all yogis. We will move at a slower pace to break down the poses and get that extra burn, but you can also expect to get your heart rate up with a great flow.

DESCEND

Join us for a candlelight yin class that is sure to relax your body and mind before bed. This class focuses on deep stretching holding poses for 3-5 minutes. Come unwind with us.

SUMMIT

Get the benefits of yoga as well as the challenge of a strength class in this upbeat yoga class with weights! We will warm up with yoga, jump into a full body sculpt and then cool down with a great stretch.

MOBILITY

Calling all adult athletes! Golfers, tennis players, weekend warriors or just people trying to keep up with their kids. This class will allow you to move the way you need in order to live the life you want. We will guide you through movements to work on your mobility, balance, flexibility, and core to improve body functionality and promote joint mobility and stability.

PEAK2

Level up from PEAK1 with this power vinyasa yoga class. You'll be moving faster and trying out more challenging poses. You should be familiar with pose names and ready to sweat!

PEAK1 + DESCEND

Join us for the perfect combination. 30 minutes of vinyasa (flow) and 30 minutes of yin (passive, longer-held poses). You are sure to leave feeling relaxed and refreshed!

SUMMIT + STEP

This unique class style will give you a little bit of everything! A third modern step aerobics, a third strength training, and a third yoga! Never done step before? No worries! We will guide you every step of the way.