

PEAK'S GROUP EXERCISE SCHEDULE

EFFECTIVE JUNE 1ST

MONDAY

9:30-10:30AM	Dance of the Day	Marci
9:30-10:30AM	Cycling	Nona
10:30-11:30AM	Resistance Step	Doreen
5:30-6:30PM	Kettle Bell	Vicki
6:00-7:00PM	Yoga	Pam
6:30-7:30PM	Zumba	Shauna
6:30-7:30PM	Cycling	Nona

TUESDAY

5:45-6:45AM	Cycling	Jen
8:30-9:30AM	Kettle Bell	Vicki
9:00-10:00AM	Pilates	Karen
9:30-10:30AM	Silver Sneakers	Lisa
10:00-11:00AM	Yoga	Pam
5:00-6:00PM	Step	Brenda
7:00-8:00PM	Pilates	Sue

WEDNESDAY

9:00-10:00AM	Pilates	Karen
9:30-10:30AM	Zumba	Monica
9:30-10:30AM	Cycling	Tiffany
5:00-6:00PM	Resistance Step	Doreen
6:00-7:00PM	Zumba	Shauna
6:30-7:30PM	Cycling	Nona
6:30-7:30 PM	Pilates	Sue

THURSDAY

5:45-6:45AM	Spin Plus	Nona
8:30-9:30AM	Kettle Bell	Vicki
9:00-10:00AM	Pilates	Marleen
9:30-10:30AM	Silver Sneakers	Gloria
10:30-11:30AM	Yoga	Sam
5:00-6:00PM	Strength & Abs	Brenda
6:00-7:00PM	Boot Camp	Doreen
7:00-8:00PM	Coed Volleyball	Matt

FRIDAY

5:30-6:30AM	Treadmill Training	Jen
8:30-9:30AM	Tiffany's Choice	Tiffany
9:30-10:30AM	Cycling	Tiffany
10:00-11:00AM	Yoga	Pam

SATURDAY

8:30-9:30AM	Kettle Bell 101	Vicki
9:30-10:30AM	Cycling	Nona
9:30-10:30AM	Zumba	Lynn
10:00-11:00AM	Pilates	Sue/Marleen

SUNDAY

9:00-10:00AM	Cycling	Jen
10:00-11:00AM	Yoga	Sam



Class Signups & Policies

CYCLING is the only class
You need to sign up for.

You can call as early as
6am that day to reserve a bike.

Please Be Courteous of Others

Tardiness may result in
the loss of your bike.



If you have any questions, comments or concerns please email
our general manager, Doreen.dchuca@peakfitnesscenter.com