



# June 2021

## -Class Schedule-



Drop in class \$10.00 Check us out on FACEBOOK (Peakfitness McCall)  
[www.peakfitnessmccall.com](http://www.peakfitnessmccall.com)

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
	6:30AM SPIN Kristina		6:30AM SPIN Kristina			
	7:30 AM HIIT/ Circuit Yadi	9:00 AM SPIN Kristina	7:30 AM HIIT/ Circuit Yadi	9:00 AM SPIN Kristina	7:30 AM HIIT/ Circuit Yadi	
	8:30 AM Weights Katie	10:00 AM BOOT CAMP Kristina	8:30 AM Weights Katie	10:00 AM BOOT CAMP Kristina	8:30 AM Weights Katie	
	9:30 AM Kick Boxing Julie		9:30 AM Kick Boxing Julie		9:30 AM Kick Boxing Julie	
	10:30 AM Zumba Julie		10:30 AM Zumba Julie		10:30 AM Zumba Julie	
	11:30 AM YOGA Katie		11:30 AM YOGA Katie		11:30 AM YOGA Katie	



## CLASS DISCRIPTION:

### STRENGTH AND CONDITONING:

- **CARDIO HIIT:** Aerobic High Intensity Interval Training with varying cardio exercise to spike your heartrate. This workout helps builds endurance, increases you anerobic threshold, and stable core helps prevent injuries to allow to perform at your best.
- **CIRCUIT TRAINING:** Starts with dynamic stretching and muscle warm-up, followed by a wide variety of interval training, including weights, agility exercises. This class is geared primarily at improving muscle tone and definition, fat loss in a social atmosphere.
- **ZUMBA:** Come join Julie for some awesome music and fun workout! It will feel like a total party and NOT a workout. If you want to see fast results in your fitness level.
- **KICKING BOXING:** Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.
- **ACP (AFTER CARE PROGRAM):** This class PHYSICAL THERPAY based class for individuals that are done with PT and now are moving into the strengthening phase. If you are interested in participating in this class, please contact Joy before coming to class.
- **BOOT CAMP:** An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than they would push themselves and to always keep the body guessing.

### BODY AND MIND:

- **YOGA: Hatha yoga** is the branch of yoga that typically comes to mind when you think of yoga in general terms. The practice involves breath, body, and mind, and classes are usually 45 minutes of breathing, yoga poses, and meditation.
- **ACP YOGA:** Yoga class that is low impact on joints, variety of stretches to gain flexibility, increase core strength, and back strength. We will work on static holding positions to build muscular endurance and strength.
- **CORE, STRETCH, BALANCE:** Who doesn't need to work balance, core and flexibility? This is a great class to challenge anyone who wants to grow in these three areas.

### SPINNING:

- **SPIN:** Indoor cycling class for all fitness levels. This 45-minute ride will drill that focus on building power and endurance, choreographed to high energy music in a fun motivating atmosphere!