

CLASS SCHEDULE: PEAK PERFORMANCE FITNESS



	M	Tu	W	Th	F		Sa	Su
5:30 am	TBC Pace Danielle	Pilates Danielle	Variety Hour Danielle		TBC Pace Danielle	7:45 am	Body Sculpt Danielle	
8:30 am	Step & Sculpt Rachell	Body Sculpt Susan	Zumba Rachelle	Body Sculpt Jacque	9 am Cardio 30 min Jacque	7:45 am	ABS Danielle	
9:30 am			Yoga Bunny		PIYO Jacque	9:00 am	Zumba DeeDee	
4:30 pm	Yoga Rianne					10:00 am		
5:30 pm		Zumba Kaitlyn				11:00 am		Yoga Rianne
5:45 pm	HIIT INTENSITY DeeDee			Body Sculpt Danielle	Power Yoga Kate			
6:45 pm								
7:00 pm				Zumba Alicia				



Spinning Classes: Signups first-come basis
Members may reserve up to 7 days ahead: 10 rsvps \$15

CLUB HOURS

Mon. – Thurs. 5am - 12am*
Friday 5am – 9pm
Sat. & Sun. 7am – 7pm

*Must enter club by 10:30 pm
(317) 257-6218

www.Peakperformancefitnesscenter.com

?	M	Tu	W	Th	F	Sa	Su
8:30 am	Karen					Mark	
9:30am							
10:00 am							Chris/ Bob
5:45 pm							
6:00 pm	DeeAnn		Chris				

PEAK PERFORMANCE reserves the right to make changes to this schedule at any time.

COMPLETE FITNESS SCHEDULE

PEAK Performance Fitness offers a wide variety of programming that emphasizes total conditioning, cardiovascular fitness, muscular strength, endurance and flexibility. The staff of certified fitness professionals are dedicated to providing quality, supervised programs in a safe and enjoyable environment!

AEROBICS CLASSES

STEP Back to basics. Easy to follow choreography provides a great cardiovascular workout. Multi-level. Abs/Lower back included. 1 hour

STEP& SCULPT Basic step moves followed by muscle toning with weights. 1 hour

TBC PACE Intervals of step and weights make this total body conditioning class a challenge every time! 1 hour

VARIETY HOUR A cross training class whose format changes weekly. Includes a variety of aerobic conditioning styles, weight training, and yoga flexibility moves. 1 hour



INTENSITY!

A cardio based total body conditioning program. Based on MAX Interval Training. This class will push participants to beat the stress-adaptation response by demanding new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. 1 hour

ZUMBA

Zumba is a fusion of latin and international music featuring aerobics, dance, and interval training that tones and sculpts the body in a fun energetic class. 1 hour

YOGA

This class incorporates easy stretches and postures plus breathing and relaxation techniques designed to reduce stress, improve flexibility and balance. All fitness levels welcome. This is a great mind/body workout! 1 hour

POWER YOGA

Beyond the basics. A challenging experience. Sequencing of postures into an integrated movement. High Energy. Prior yoga experience recommended. 75 minutes

STRENGTH TRAINING BODYSULPT

Non aerobic total body workout. Includes strength and toning all major muscle groups using hand held weights, bars, exercise tubing, balls, and the step. 60-75 minutes

SPINNING

Spinning is an individually paced mental and physical training program on a specially designed bicycle. It is a safe, inspiring, non-impact workout that all ages and fitness levels will enjoy! Classes are 45-60 minutes in length. A water bottle and padded shorts are recommended.

PILATES

Integrated floor exercise to challenge your core and entire body. 1 hour

PiYo

A fusion of pilates and yoga elements into an integrated class. 1 hour

Pilates Plus

75 minutes focusing on pilates, also including yoga, bar, and possibly weights
Come when you can, even after class starts

