

PEAK Winter Interim Zoom Fitness Classes:

Dec 7-22 and Jan 4-15 (no class Dec 23-Jan 3)

Register at www.health.utah.edu/peak

Zoom channel	Time of Class	Monday	Tuesday	Wednesday	Thursday	Friday
PN	5:30-6:16 AM	HIIT: Caleb		HIIT: Caleb		HIIT: Caleb
PF	6:00-6:50 AM		Ski Conditioning: Nikole		Ski Conditioning: Nikole	
PN	6:30-7:20 AM	Stretch & Strengthen: JJ		Stretch & Strengthen: JJ		Stretch & Strengthen: JJ
PF	7:30-8:20 AM	Circuit Training: JJ	Hatha for Strength: Jendar	Circuit Training: JJ	Hatha for Strength: Jendar	Circuit Training: JJ
PF	11:00-11:50 AM	Yoga - Vinyasa for Body, Mind & Spirit: Carolyn		Yoga - Vinyasa for Body, Mind & Spirit: Carolyn		Yoga - Vinyasa for Body, Mind & Spirit: Carolyn
PN	12:00-12:50 PM	Interval Training: Jason		Interval Training: Jason		Interval Training: Jason
PF	12:15-12:45 PM	Express Strength: Rebekah	Express Core/Pilates: Allison	Express Strength: Rebekah	Express Core/Pilates: Allison	Express Strength: Rebekah
PF	1:00-1:50 PM		Yoga - Yin for Joint Health: Carolyn		Yoga - Yin for Joint Health: Carolyn	
PN	4:25-5:15 PM		Weight Training: JJ		Weight Training: JJ	
PF	5:30-6:20 PM	Vinyasa for Stress Relief: Rebekah	Stretch & Strengthen: JJ	Vinyasa for Stress Relief: Rebekah	Stretch & Strengthen: JJ	Weight Training: JJ

There are two ways you can participate in our fitness classes for Interim!

1. **Single Zoom Pass:** Just like when we are in person, you can pay to participate in a specific class you are interested in and receive the meeting ID and password for that individual class. **Price: varies based on class**
2. **All Access Pass:** You can receive access to all our fitness classes for both the live class experience on Zoom and the On-Demand recordings in case you miss your regular class time. **Price: \$50**

PEAK Zoom fitness class schedule, instructor, and cost

5:30-6:15 AM MWF – High Intensity Interval Training \$35 (Caleb)
6:00-6:50 AM T/H – Ski Conditioning \$25 (Nikole)
6:30-7:20 AM T/H – Stretch & Strengthen \$25 (JJ)
7:30-8:20 AM MWF – Circuit Training \$35 (JJ)
7:30-8:20 AM T/H – Yoga: Hatha for Strength \$25 (Jendar)
11:00-11:50 AM MWF – Yoga: Vinyasa for Body, Mind & Spirit \$35 (Carolyn)
12:00-12:50 PM MWF – Interval Training \$35 (Jason)
12:15-12:45 PM MWF – Express Strength \$30 (Rebekah)
12:15-12:45 PM T/H – Express Core/Pilates \$20 (Allison)
1:00-1:50 PM T/H – Yoga: Yin for Joint Health \$25 (Carolyn)
4:25-5:15 PM T/H – Weight Training \$25 (JJ)
5:30-6:20 PM MW – Yoga: Vinyasa for Stress Relief \$25 (Rebekah)
5:30-6:20 PM T/H – Stretch & Strengthen \$25 (JJ)
5:30-6:20 PM Fri – Weight Training \$10 (JJ)