

PEAK Summer Zoom Classes: May 13th-July 29th, 2020

Classes will be held on two different Zoom accounts please note which account your class is on by looking at the top of the class on the schedule for a PN or PF.

To Join, use the corresponding Meeting ID below:

Peak Nutrition (PN): <https://utah.zoom.us/j/6894894019> Meeting ID: 689 489 4019

Peak Fitness (PF): <https://utah.zoom.us/j/4168208599> Meeting ID: 416 820 8599

Time of Class	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:20 AM	PF Weight Training: JJ	PN Stretch & Strengthen: Amery	PF Weight Training: JJ	PN Stretch & Strengthen: Amery	PF Weight Training: JJ
7:00-7:50 AM	PN Pilates Mat: Rebecca	PF Circuit Training: JJ	PN Pilates Mat: Rebecca	PF Circuit Training: JJ	
7:30-8:20 AM	PF Circuit Training: JJ	PN Yoga: Beverly	PF Circuit Training: JJ	PN Yoga: Beverly	PF Circuit Training: JJ
11:00-11:50 AM	PN Yoga Vinyasa for Body, Mind & Spirit: Carolyn	PF Stretch & Strengthen: Amery	PN Yoga Vinyasa for Body, Mind & Spirit: Carolyn	PF Stretch & Strengthen: Amery	
11:50-12:40 PM	PF Circuit Training: Sarah		PF Circuit Training: Sarah		PF Circuit Training: Sarah
12:00-12:50 PM		PN Weight Training: Sarah		PN Weight Training: Sarah	
12:55-1:45 PM	PF Bootcamp: Sarah	PN Yoga Yin for Joint Health: Carolyn	PF Bootcamp: Sarah	PN Yoga Yin for Joint Health: Carolyn	PF Bootcamp: Sarah
4:25-5:15 PM	PN Yoga Hatha for Strength: Jendar	PF Circuit Training: JJ	PN Yoga Hatha for Strength: Jendar	PF Circuit Training: JJ	
5:30-6:20 PM	PF Stretch & Strengthen: JJ	PN Yoga Hatha for Stress Relief: Jendar	PF Stretch & Strengthen: JJ	PN Yoga Hatha for Stress Relief: Jendar	
6:30-7:20 PM	PF Zumba: Mandy	PN Yoga: Beverly	PF Zumba: Mandy	PN Yoga: Beverly	