

- Ask a Trainer: here's your chance to get all your Fitness questions answered by a Pro!
- Boot Camp: get ready for a little Step Aerobics, some push ups, some jumping jacks and a lot of different body weight exercises using a Boot Camp Theme.
- Buns and Guns: For your arms and your rear view! Class will target those trouble areas!
- Cardio Jam: This dance class will really get you sweating. Every week a different era of music will be used to get you into shape with this Cardio Dance class!
- Cardio Sculpt: a fast pace class that will combine steps, weights and body weight moves to give you that sculpted look.
- Cycle: Indoor cycle classes are a great way to get your cardio workout!!! You will burn around 700 calories in each class!!! Each instructor has his or her own way of teaching this fun class.
- Extreme Cycle: It's hard and it's HOT!!! The room is heated to around 80 degrees
- Extreme Pilates: for those who are looking for a more challenging core workout. Get ready to burn!
- Cycle 101: If you have never taken a Cycle class and you are nervous about starting this program, then this class is for you!!!
- Killer X: Blends elements of boxing, martial arts, and traditional aerobics in this fast pace class. Bring your boxing gloves and be ready to sweat!
- Last Chance Workout: Kick it, step it, push it, pull it and sweat that fat off your bod with this high energy fast paced class.
- Mat Works: This is a beginning level class designed to stretch you and loosen you up!
- Peak Pump: Class uses barbells and weights to sculpt your body by working on one body area and rotating to another. Class will work your entire body using pumping and rhythmic movements.
- Peak Variety for Kids: for Peak Member's children who are in 1-5th grade. Class is FUN and is designed to move and strengthen your child (and of course sweat!)
- Pilates: Sculpt and tone your body by using traditional Pilate's positions and breathing techniques. Pilates strengthens your core and lengthens your muscles to give you a toned and sculpted look.
- Senior Weight Training: Are you 65 and up, then is group weight training class is for you. Class is conducted using the weighted fitness equipment on the gym floor. A certified personal trainer will work with you and show you how to safely use the equipment.
- Silver Sneakers: This class emphasizes use of full range of motion, flexibility, light weights, balance, etc. Class is designed for the active 65 years and up. Weights, balls and tubing is used in this national recognized chair based fitness program.
- Spin for God: Class uses contemporary Christian music with an opening and closing devotional. Come join our inspirational group!
- Step: GREAT cardio workout using our steps with lots of weights and toning mixed in.
- SUMP: Hummmmm are you wondering what this class is? Take 30 minutes of spin and 30 minutes of pump and you have SUMP!!
- Total Chaos: This class taught by our own gym manger, April Hall will use every piece of equipment in the Group X room. Every class is different, but you will jump, kick and step your way to a sweating body by the end of the hour.
- Trouble Zones: Everyone has them! Come learn how to tone them and to strengthen them!!
- Walk it Out: The first part of this class will use the Cardio Equipment and the second half will be use the weight equipment.
- Weight Training 101: Does the strength equipment at Peak scare you?? Meet your Trainer on the cardio deck for a few minutes of instruction and then get ready to learn.
- Yolates: A mix of Yoga and Pilates this class will stretch you, strengthen your core and give you an amazing all over body weight workout.
- ZUMBA: Do you need a FUN reason to dance?! This class has it all...lots of sweat, lots of great music and fun dance moves. Class is for all skill levels. The music makes you want to move and burn those calories!