

PEAK Summer Zoom Fitness Classes: May 19-Aug 4
Register at www.health.utah.edu/peak

Time of Class	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:50 AM	High Intensity Interval Training: Brooke	Yoga: Sadella	High Intensity Interval Training: Brooke	Yoga: Sadella	High Intensity Interval Training: Brooke
7:30-8:20 AM	Circuit Training: Sadella		Circuit Training: Sadella		Circuit Training: Sadella
8:30-9:20 AM		Circuit Training: Brooke		Circuit Training: Brooke	
9:00-9:50 AM	Core Training: Sarah B.	Functional Fitness: Sarah B.	Core Training: Sarah B.	Functional Fitness: Sarah B.	Core Training: Sarah B.
11:00-11:50 AM	Yoga - Vinyasa for Body, Mind & Spirit: Carolyn	Strength Training: Wendy	Yoga - Vinyasa for Body, Mind & Spirit: Carolyn	Strength Training: Wendy	
12:00-12:50 PM	Circuit Training: Sarah	Strength Training: Sarah	Circuit Training: Sarah	Strength Training: Sarah	Circuit Training: Sarah
12:15-12:45 PM	Express Strength: Cooper		Express Strength: Cooper		Express Strength: Cooper
1:00-1:50 PM		Yoga - Yin for Joint Health: Carolyn		Yoga - Yin for Joint Health: Carolyn	
1:15-1:45 PM		Express Core: Jared		Express Core: Jared	
4:25-5:15 PM	Yoga - Hatha for Strength: Jendar	Circuit Training: Cooper	Yoga - Hatha for Strength: Jendar	Circuit Training: Cooper	
5:30-6:20 PM	Yoga Hatha for Stress Relief: Jendar	Stretch & Strengthen: Jared	Yoga Hatha for Stress Relief: Jendar	Stretch & Strengthen: Jared	
6:05-6:55 PM	High Intensity Interval Training: Caleb	Strength Training: Caleb	High Intensity Interval Training: Caleb	Strength Training: Caleb	High Intensity Interval Training: Caleb
6:35-7:25PM		Yoga: Hatha for Stress relief: Wendy		Yoga: Hatha for Stress relief: Wendy	
7:00-7:50 PM			Zumba: Mandy		

There are four ways you can participate in our fitness classes in the Summer!

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. **Total Zoom Pass:** You can receive access to every fitness class taught on Zoom, allowing you to hop on to multiple classes happening throughout the week. **Price: \$105**
3. **Fitness On-Demand Pass:** You can receive access to the recordings of all live Zoom fitness classes, allowing you to participate at any time convenient for you. While technical difficulties do occur, 80% of classes will be available to you approximately 1 week after they are held live. **Price: \$105**
4. **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: \$150**

PEAK Zoom Fitness class schedule, instructor and cost

6:00-6:50 AM MWF - High Intensity Interval Training \$75 (Brooke)
6:00-6:50 AM T/H – Yoga \$50 (Sadella)
7:30-8:20 AM MWF - Circuit Training \$75 (Sadella)
8:30-9:20 AM T/H – Circuit Training \$50 (Brooke)
9:00-9:50 AM MWF – Core Training \$75 (Sarah B)
9:00-9:50 AM T/H – Functional Fitness \$50 (Sarah B)
11:00-11:50 AM MW - Yoga Vinyasa for Body, Mind & Spirit \$70 (Carolyn)
11:00-11:50 AM T/H - Strength Training \$50 (Wendy)
12:00-12:50 MWF - Circuit Training \$75 (Sarah)
12:00-12:50 T/H - Strength Training \$50 (Sarah)
12:15-12:45 PM MWF - Express Strength \$60 (Cooper)
1:00-1:50 PM T/H - Yoga Yin for Joint Health \$70 (Carolyn)
1:15-1:45 PM T/H - Express Core \$40 (Jared)
4:25-5:15 PM MW - Yoga Hatha for Strength \$70 (Jendar)
4:25-5:15 PM T/H - Circuit Training \$50 (Cooper)
5:30-6:20 PM MW - Yoga Hatha for Stress Relief \$70 (Jendar)
5:30-6:20 PM T/H - Stretch & Strengthen \$50 (Jared)
6:05-6:55 PM T/H – Strength Training \$50 (Caleb)
6:05-6:55 PM MWF – High Intensity Interval Training \$75 (Caleb)
6:35-7:25 PM T/TH – Yoga: Hatha for Stress Relief (Wendy)
7:00-7:50 PM W – Zumba \$25 (Mandy)