

PEAK Fall 2021 Fitness Classes: August 25 - December 9

Register at www.health.utah.edu/peak

<i>Class</i>	<i>Time</i>	<i>Instructor</i>	<i>Room/Zoom</i>	<i>Days</i>	<i>Cost</i>
Bootcamp	12:55-1:45PM	Sarah McCall	HPR-E 212 & Zoom	MWF	\$75
Circuit Training	7:30-8:20AM	Jared March	HPR-E 212	MWF	\$75
	11:50AM-12:40PM	Sarah McCall	HPR-E 212	MWF	\$75
	5:25-6:15PM	Jason Armstrong	HPR-E 212	MW	\$50
Core Training	6:30-7:20AM	Helen Hardy	HPR-E 134	T/H	\$50
Express Core	12:15-12:45PM	David Watson	Zoom	T/H	\$40
Express Strength	12:15-12:45PM	Jared March	Zoom	MWF	\$60
Functional Fitness	7:30-8:20AM	Jason Thomas	Zoom	T/H	\$50
	6:35-7:25PM	Matthew Richardson	Zoom	T/H	\$50
Indoor Cycling	6:30-7:20AM	Karly Ackley	HPR-N 106	T/H	\$50
	5:25-6:15PM	Matthew Richardson	HPR-N 106	MW	\$50
Ski Conditioning	6:30-7:20AM	Nikole Squires	Zoom	MWF	\$75
	1:00-1:50PM	Jason Armstrong	Zoom	MWF	\$75
	5:30-6:20PM	David Watson	Zoom	T/H	\$50
Stretch & Strengthen	6:00-6:50AM	Rebekah Rees	Zoom	T/H	\$50
	7:30-8:20AM	Sarah Miller	HPR-E 212	T/H	\$50
	6:00-6:50PM	Lilah Bowles	Zoom	MW	\$50
Weight/Strength Training	6:30-7:20AM	Jason Thomas	HPR-E 212	MWF	\$75
	7:30-8:20AM	Jason Armstrong	Zoom	MWF	\$75
	5:25-6:15PM	Lilah Bowles	HPR-E 212	T/H	\$50

Yoga

Slow Flow	6:30-7:20AM	Beverly Albert	Zoom	T/H	\$70
Vinyasa for Body, Mind & Spirit	11:00-11:50AM	Carolyn Carter	Zoom	MW	\$70
Yin for Joint Health	11:00-11:50AM	Carolyn Carter	Zoom	T/H	\$70
Hatha for Strength	4:25-5:15PM	Jendar Morales	Zoom	MW	\$70
Hatha for Stress Relief	5:30-6:25PM	Jendar Morales	Zoom	MW	\$70

Zumba

6:30-7:20AM	Mandy Heiner	HPR-W 105 & Zoom	MW	\$50
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There are many ways you can participate in our fitness classes this Fall!

1. **Single *In-Person Class:** Participate in a specific class you are interested in on campus! **Price: varies based on class.**
2. **Single Zoom Class:** 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.**
3. **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**
4. **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**
5. **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**
6. ***In-person class PLUS Virtual options:** if you sign-up for an in-person class, you can choose to add a virtual option below:
 - a. In-person class + All Access Pass: \$100
 - b. In-person class + Fitness On Demand Pass: \$55
 - c. In-person class +Total Zoom Pass: \$55

***In-person classes will be held on campus at on the University of Utah. Masking and social distancing will be required for all participants. We reserve the right to transition the class to a virtual delivery should public health mandates or University of Utah policy dictate.**