

PEAK MISSOULA MIND & BODY, GROUP FIT VIDEO LIBRARY

Barre Fusion With Marla

<https://youtu.be/Cjt1ANnqKpU>

Barre with Stephanie P.

<https://youtu.be/Avfdh4wn9ec>

Body weight workout w Cory

<https://youtu.be/5n0AF9Z0pkg>

Cardio and Strength with Cory

<https://youtu.be/mQE9HxWLT0E>

Cycle 2.0 with Monique F.

<https://youtu.be/Fy42pqX4uiA>

Flexibility and Strength w Cory

<https://youtu.be/ujqTmyY2It8>

Foam Rolling 2.0 with Stephanie P

<https://youtu.be/Echz3glPfNE>

Healing Stretch with Heidi M.

<https://youtu.be/FmA707FDPLs>

Mat Pilates with Kara

<https://youtu.be/Onlyxlyltc8>

Mat Pilates with Stephanie

<https://youtu.be/0WDLSpGe41M>

OULA with Katie & Heather

<https://youtu.be/Zi-nVnYRuSc>

OULA with Tracy and Laurie

<https://youtu.be/d0nhwxoQnEA>

OULA with Tracy and Angie

<https://youtu.be/PAQO2yzu4vo>

PEAK EXTREME #1 with Angie W.

<https://youtu.be/IBaO9EUmdNY>

PEAK EXTREME #2 with Angie W.

<https://youtu.be/kVeD1pIGUb8>

PEAK EXTREME #3 with Angie W.

https://youtu.be/rOXaNzo6_3Q

PEAK Extreme #4 with Angie W.

<https://youtu.be/UXIJkeW6JMo>

Restorative Yoga with Isabelle

<https://youtu.be/nM48RIuKdwc>

Senior Fit #1 with Dan

<https://youtu.be/wimNqwQTWWU>

Senior Fit #2 with Dan

https://youtu.be/3j5GWi_-l1k

Strength & Flexibility 2.0 w Heidi M.

<https://youtu.be/m4L57EZftU>

Tai Chi w Lynne R.

<https://youtu.be/XGwmtmUmtwQ>

Vinyasa Yoga

<https://youtu.be/5xrGiMoUiMs>

Yin Yoga with Isabelle

https://youtu.be/ANcFio_Wy8k

Yin Yoga with Riley

https://youtu.be/OICbs_rhK0s

YOGA #1 w Nick G.

<https://youtu.be/fsZ5e8lqByk>

YOGA 2.0 with Nick G

<https://youtu.be/goYEFVWBsfk>

YOGA Flow with Isabelle

https://youtu.be/_Z4sT6kgrX8

YOGA w Becca P

<https://youtu.be/zfWonNt3ARc>
