

We take you on a journey to discover a movement you love, in a place where you belong

CHECK OUT OUR PROGRAMS!

Free Lifestyle Overview for Members

EOU Students



STUDIO CLASSES

FUN live classes leave you sweaty & smiling.



EXPERIENCED TRAINERS



COMMUNITY

A community of like minded individuals to support you.



VIRTUAL CLASSES

Work out anywhere, anytime with our online class library.



About Us

Welcome to Peak Lifestyle Studio

At Peak Lifestyle Studio, our goal is to provide you with affordable and convenient ways to cater to your mind and body. We offer many experiences and ways for you to stay healthy.

Come meet our team of professional instructors and see for yourself how awesome we are!

Discover More



Our Trainers

Meet Our Professional Trainers

[All Our Trainers](#)



Colleen McIntosh



Collete Zack

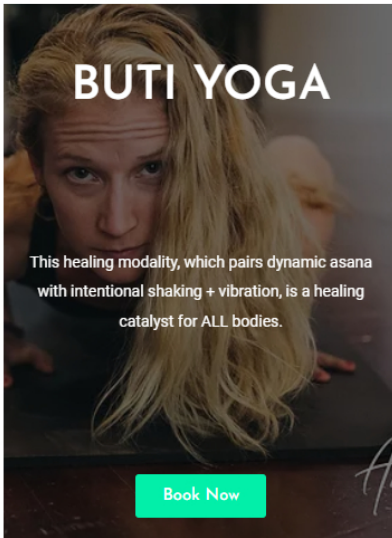


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Choose Your Best One

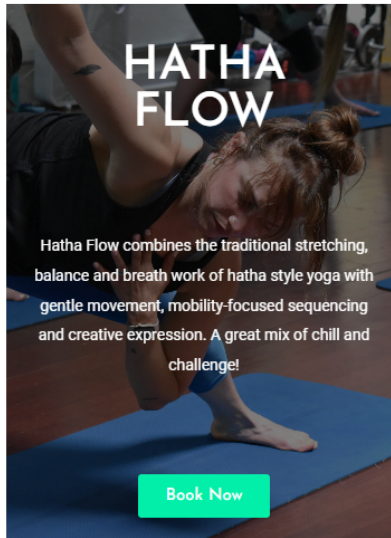
Our Most Popular Classes



BUTI YOGA

This healing modality, which pairs dynamic asana with intentional shaking + vibration, is a healing catalyst for ALL bodies.

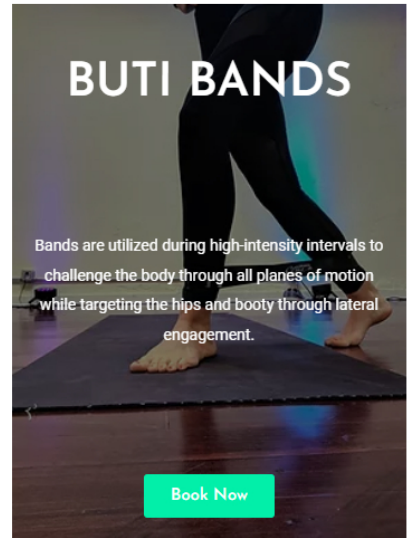
[Book Now](#)



HATHA FLOW

Hatha Flow combines the traditional stretching, balance and breath work of hatha style yoga with gentle movement, mobility-focused sequencing and creative expression. A great mix of chill and challenge!

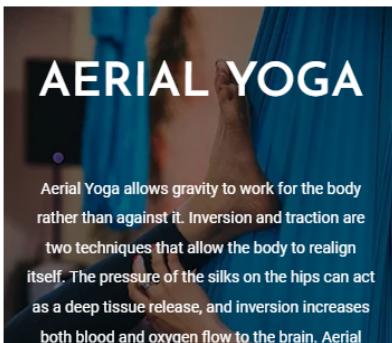
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BUTI BANDS

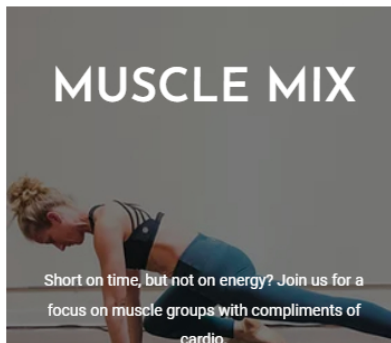
Bands are utilized during high-intensity intervals to challenge the body through all planes of motion while targeting the hips and booty through lateral engagement.

[Book Now](#)



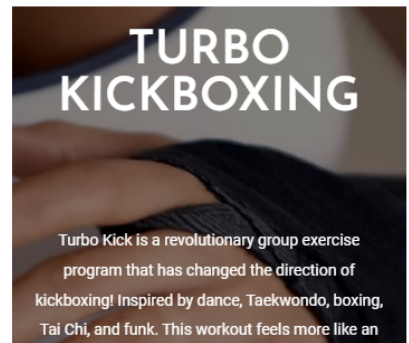
AERIAL YOGA

Aerial Yoga allows gravity to work for the body rather than against it. Inversion and traction are two techniques that allow the body to realign itself. The pressure of the silks on the hips can act as a deep tissue release, and inversion increases both blood and oxygen flow to the brain. Aerial



MUSCLE MIX

Short on time, but not on energy? Join us for a focus on muscle groups with compliments of cardio.



TURBO KICKBOXING

Turbo Kick is a revolutionary group exercise program that has changed the direction of kickboxing! Inspired by dance, Taekwondo, boxing, Tai Chi, and funk. This workout feels more like an

Yoga is a practice of liberation and joy, as we stretch and soothe the body the mind is released and at peace.

[Book Now](#)

[Book Now](#)

epic party and is guaranteed to make you sweat, sweat, sweat!

[Book Now](#)

[All Our Classes](#)

Testimonials

What People Have to Say About Us



Watch Free Tutorials from Our Coaches Right Now

Colleen McIntosh Owner

Amazing environment to be in and I'm already going back to try more classes!! 🥰👍 Will definitely be taking my friends there to try a class or two!! Colleen is an amazing instructor along with the rest of her team! So go check them out if you want to get your sweat on

Stefani

So happy I found this place. GREAT classes and lots of variety. I highly recommend it!

Julie



Contact Us

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About

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Karl Lewis

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