

# JULY DOWNTOWN

## Small Group Training



**Cost: \$100/10 sessions**

Monday - Friday 5 am-10 pm, Saturday & Sunday 7 am-8 pm

Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960

peakmissoula.com

MON	TUE	WED	THUR	FRI
<b>Sky's Out Thighs Out</b> 8 am Dylan	<b>Snowboard &amp; Ski Fit</b> 8 am Dylan	<b>Sky's Out Thighs Out</b> 8 am Dylan	<b>Snowboard &amp; Ski Fit</b> 8 am Dylan	<b>Sky's Out Thighs Out</b> 8 am Dylan
<b>Rankin Group Fitness</b> 9 am Mike	<b>Triple Threat</b> 10 am Marissa	<b>Rankin Group Fitness</b> 9 am Mike	<b>Triple Threat</b> 10 am Marissa	<b>Rankin Group Fitness</b> 9 am Mike
<b>Teen Sports Performance</b> 4 pm Marissa		<b>Teen Sports Performance</b> 4 pm Marissa		
<b>Mission Slimpossible</b> 5:30 pm Austin		<b>Mission Slimpossible</b> 5:30 pm Austin		

Most Team Training classes are 50 minutes.



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 Class Schedules  
 peakmissoula.com

Member: \$100/10 sessions or \$10 per session

Guest: \$170/10 sessions or \$17 per session

All sessions are 50 minutes unless otherwise stated.

Sign up at the Downtown Fitness Desk or email the Personal Trainer.

## Small Group Training Descriptions

### **Teen Sports Performance**

Focus is on functional strength and core while incorporating plyometrics which includes: foot work, agility, acceleration, deceleration and change of directions.

Marissa Hall: [marissa@peakmissoula.com](mailto:marissa@peakmissoula.com)

### **Triple Threat**

Cardio, strength and core based workout that will focus on interval training and HITs (high intensity metabolic exercise training). For those interested in taking their summer fitness to the next level.

Marissa Hall: [marissa@peakmissoula.com](mailto:marissa@peakmissoula.com)

### **Sky's Out Thighs Out**

Strength training focusing on, core, intervals and mobility.

Dylan Richmond: [dylan@peakmissoula.com](mailto:dylan@peakmissoula.com)

### **Rankin Group Fitness**

High intensity, full body muscle conditioning.

Mike Rankin: [mike@peakmissoula.com](mailto:mike@peakmissoula.com)

### **Mission Slimpossible**

Focus is on strength and weight loss with high Intensity interval work including kettle bells, dumbbells, preset bars, TRX, stability balls, bosu balls, band, tubing, bike & rowing machine.

Austin Hershberger: [austin@peakmissoula.com](mailto:austin@peakmissoula.com)