

AUGUST 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
Sky's Out Thighs Out 8 am Dylan	Triple Threat 10 am Marissa	Sky's Out Thighs Out 8 am Dylan	Triple Threat 10 am Marissa	Sky's Out Thighs Out 8 am Dylan
Rankin Group Fitness 9 am Mike		Rankin Group Fitness 9 am Mike		Rankin Group Fitness 9 am Mike
Teen Sports Performance 4 pm Marissa		Teen Sports Performance 4 pm Marissa		
Mission Slimpossible 5:30 pm Tyler M.		Mission Slimpossible 5:30 pm Tyler M.		

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

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

Sky's Out Thighs Out

Strength training focusing on, core, intervals and mobility.
Dylan Richmond: dylan@peakmissoula.com

Rankin Group Fitness

High intensity, full body muscle conditioning.
Mike Rankin: 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. :

Tyler Mullins, tmullins@peakmissoula.com