

SEPTEMBER 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	White Dragon Kung Fu 6:30 pm Tyler	Sky's Out Thighs Out 8 am Dylan	White Dragon Kung Fu 6:30 pm Tyler	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
Mission Slimpossible 5:30 pm Tyler M.		Mission Slimpossible 5:30 pm Tyler M.		

Most Team Training classes are 50 minutes.



Download Our Mobile App
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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

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

White Dragon Kung Fu

Learn a traditional form of martial arts and build strong muscles, balance, coordination, flexibility while building confidence and applicable self-defence skills. All ages welcome. Tailored age appropriate children and junior programs available.

Tyler Hansen, thansen@peakmissoula.com