

# OCTOBER 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>Senior Balance</b> 2 pm Rick	<b>Rankin Group Fitness</b> 9 am Mike	<b>Senior Balance</b> 2 pm Rick	<b>Rankin Group Fitness</b> 9 am Mike
<b>Lose It At PEAK</b> 10 am Marissa	<b>Teen Sports Performance</b> 3:30 pm Marissa	<b>Lose It At PEAK</b> 10 am Marissa	<b>Teen Sports Performance</b> 3:30 pm Marissa	<b>Lose It At PEAK</b> 10 am Marissa
<b>Mission Slimpossible</b> 5:30 pm Tyler M.		<b>Mission Slimpossible</b> 5:30 pm Tyler M.		<b>Lose It At PEAK</b> 6:30 pm Tyler M.
<b>Lose It At PEAK</b> 6:30 pm Tyler M.		<b>Lose It At PEAK</b> 6:30 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

- Sky's Out Thighs Out** Strength training focusing on, core, intervals and mobility.
- Snowboard & Ski Fit** Strength training focusing on core & legs. Incorporating balance & flexibility to improve performance and reduce the chance of injury.  
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
- 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
- Senior Balance** Focus on balance, agility, posture, core and coordination.  
Session: October 3-November 2  
Rick Lionello: rick@peakmissoula.com
- Lose It At The PEAK** An **8 week weight loss/lifestyle program** that includes small group training, nutrition and life coaching.  
**Next session is scheduled for January 2018.**  
For more info contact Denise Zimmer, denise@peakmissoula.com.