

DECEMBER BLUE MOUNTAIN

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
Functional 6 am Stephen	Functional 6 am Stephen	Cross Train 6 am Shane	Functional 6 am Stephen	Functional 6 am Stephen
Circuit Training 8 am Janelle	Functional 9 am Stephen	Circuit Training 8 am Janelle	Functional 9 am Stephen	Circuit Training 8 am Janelle
Functional 10 am Stephen	MS Sports Performance 4 pm Stephen	Functional 10 am Stephen	HS Team 3 pm Stephen	Cross Train 9 am Shane
Continuing to LIATP Noon Rick	HS Sports Performance 5 pm Stephen	Continuing to LIATP Noon Rick	MS Sports Performance 4 pm Stephen	Functional 10 am Stephen
MS Sports Performance 4 pm Stephen		MS Sports Performance 4 pm Stephen	HS Sports Performance 5 pm Stephen	Continuing to LIATP Noon Rick
HS Sports Performance 5 pm Stephen		HS Sports Performance 5 pm Stephen	Cross Train 5:15 pm Shane	Circuit Training 5:30 pm Kristi
Circuit Training 5:30 pm Kristi		Circuit Training 5:30 pm Kristi		

Most Team Training classes are 50 minutes.



Download Our Mobile App
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Class Schedules
peakmissoula.com

Small Group Training Descriptions

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

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

All sessions are 50 minutes unless otherwise stated.

Sports Performance High School & Middle School High school and youth performance training programs for individuals who want to reach the next level. Brings the same methodology and intensity used with professional and collegiate athletes to support and prepare high school and youth athletes. Learn to safely and effectively reach your goals.
Sign up at the Blue Mountain Fitness Desk or email Stephen Pitts:
stephen@peakmissoula.com

Circuit Training Functional fitness training for strength, endurance, balance, coordination, flexibility, core stability and weight loss.
Sign up at the Blue Mountain Fitness Desk or email Janelle Beck:
janelle@peakmissoula.com

Continuing to Lose It At The PEAK Strength, weight loss and endurance.
Sign up at the Blue Mountain Fitness Desk or email Rick Lionello:
rick@peakmissoula.com

Circuit Training Sign up at the Blue Mountain Fitness Desk or email Kristi Miller:
kristi@peakmissoula.com