

# DECEMBER 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>Teen Sports Performance</b> 3:30 pm Marissa	<b>Rankin Group Fitness</b> 9 am Mike	<b>Teen Sports Performance</b> 3:30 pm Marissa	<b>Rankin Group Fitness</b> 9 am Mike
<b>Triple Threat</b> 10 am Marissa		<b>Triple Threat</b> 10 am Marissa		<b>Triple Threat</b> 10 am Marissa
<b>Mission Slimpossible</b> 5:30 pm Tyler M.		<b>Mission Slimpossible</b> 5:30 pm Tyler M.		<b>Circuit Circus</b> 6:30 pm Tyler M.
<b>Circuit Circus</b> 6:30 pm Tyler M.		<b>Circuit Circus</b> 6:30 pm Tyler M.		

Most Team Training classes are 50 minutes.



Download Our Mobile App  
 Or Visit Our Website For  
 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

<b>Sky's Out Thighs Out</b>	Strength training focusing on, core, intervals and mobility.
<b>Snowboard &amp; Ski Fit</b>	Strength training focusing on core & legs. Incorporating balance & flexibility to improve performance and reduce the chance of injury. Dylan Richmond: <a href="mailto:dylan@peakmissoula.com">dylan@peakmissoula.com</a>
<b>Rankin Group Fitness</b>	High intensity, full body muscle conditioning. Mike Rankin: <a href="mailto:mike@peakmissoula.com">mike@peakmissoula.com</a>
<b>Mission Slimpossible</b>	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.
<b>Circuit Circus</b>	Circuit training for strength, cardio and weight loss. Tyler Mullins: <a href="mailto:tmullins@peakmissoula.com">tmullins@peakmissoula.com</a>
<b>Teen Sports Performance</b>	Focus is on functional strength and core while incorporating plyometrics which includes: foot work, agility, acceleration, deceleration and change of directions.
<b>Triple Threat</b>	Strength, weight loss and endurance. Marissa Hall: <a href="mailto:marissa@peakmissoula.com">marissa@peakmissoula.com</a>