

JANUARY 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	SAT
Sky's Out Thighs Out 8 am Dylan	Snowboard & Ski Fit 8 am Dylan	Sky's Out Thighs Out 8 am Dylan	Snowboard & Ski Fit 8 am Dylan	Sky's Out Thighs Out 8 am Dylan	TRX Functional Fusion 10 am Carole
Rankin Group Fitness 9 am Mike	Teen Sports Performance 3:30 pm Marissa	Rankin Group Fitness 9 am Mike	Teen Sports Performance 3:30 pm Marissa	Rankin Group Fitness 9 am Mike	
Triple Threat 10 am Marissa		Triple Threat 10 am Marissa		Triple Threat 10 am Marissa	
TRX Functional Fusion 11 am Carole		TRX Functional Fusion 11 am Carole		TRX Functional Fusion 11 am Carole	
Mission Slimpossible 5:30 pm Tyler M.		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

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.
Triple Threat	Strength, weight loss and endurance. Marissa Hall: marissa@peakmissoula.com
TRX Functional Fusion	A blend of TRX and functional strength training for a full body blast. All levels welcome. Max 8 participants. Carole Frederick: carole@peakmissoula.com