

# FEBRUARY 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
<b>Functional/ LIATP</b> 6 am Stephen	<b>Functional</b> 6 am Stephen	<b>Cross Train/ LIATP</b> 6 am Shane	<b>Functional</b> 6 am Stephen	<b>Functional/ LIATP</b> 6 am Stephen
<b>Circuit Training</b> 8 am Janelle	<b>Functional</b> 9 am Stephen	<b>Circuit Training</b> 8 am Janelle	<b>Functional</b> 9 am Stephen	<b>Circuit Training</b> 8 am Janelle
<b>Functional</b> 10 am Stephen	<b>MS Sports Performance</b> 4 pm Stephen	<b>Functional</b> 10 am Stephen	<b>HS Team</b> 3 pm Stephen	<b>Cross Train</b> 9 am Shane
<b>LIATP</b> Noon Rick	<b>HS Sports Performance</b> 5 pm Stephen	<b>LIATP</b> Noon Rick	<b>MS Sports Performance</b> 4 pm Stephen	<b>Functional</b> 10 am Stephen
<b>MS Sports Performance</b> 4 pm Stephen		<b>MS Sports Performance</b> 4 pm Stephen	<b>HS Sports Performance</b> 5 pm Stephen	<b>LIATP</b> Noon Rick
<b>HS Sports Performance</b> 5 pm Stephen		<b>HS Sports Performance</b> 5 pm Stephen	<b>Cross Train</b> 5:15 pm Shane	<b>Circuit Training</b> 5:30 pm Kristi
<b>Circuit Training</b> 5:30 pm Kristi		<b>Circuit Training</b> 5:30 pm Kristi		

Most Team Training classes are 50 minutes.



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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  
**8 am:** Janelle Beck, janelle@peakmissoula.com  
**5:30 pm:** Kristi Miller, kristi@peakmissoula.com
- MCC** Metabolic, Core Conditioning.  
Sign up at the Blue Mountain Fitness Desk or email Rick Lionello:  
rick@peakmissoula.com
- Cross Train** Sign up at the Blue Mountain Fitness Desk or email Shane Julius:  
shane@peakmissoula.com
- LIATP** Lose It At The PEAK - 8 Week Weight Loss/Lifestyle Program  
Small Group Training February 5-March 30  
Sign up is required. Winter 2018 Program is full. Next Session offered Fall 2018. \$\$