

# FEBRUARY 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
<b>LIATP</b> 6 am Carole		<b>LIATP</b> 6 am Carole		<b>LIATP</b> 6 am Carole	<b>TRX Functional Fusion</b> 10 am Carole
<b>Sky's Out Thighs Out</b> 8 am Dylan		<b>Sky's Out Thighs Out</b> 8 am Dylan		<b>Sky's Out Thighs Out</b> 8 am Dylan	
<b>Rankin Group Fitness</b> 9 am Mike		<b>Rankin Group Fitness</b> 9 am Mike		<b>Rankin Group Fitness</b> 9 am Mike	
<b>Lunch Crunch 35</b> 12-12:35 pm Carole		<b>Lunch Crunch 35</b> 12-12:35 pm Carole		<b>Lunch Crunch 35</b> 12-12:35 pm Carole	
<b>Mission Slimpossible</b> 6-7 pm Tyler M.		<b>Mission Slimpossible</b> 6-7 pm Tyler M.		<b>Mission Slimpossible</b> 6-7 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

- Sky's Out Thighs Out** Strength training focusing on, core, intervals and mobility.  
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
- Lunch Crunch 35** 35 Minute Full Body HIT (High Intensity Training). Quick, intense, extended calorie burn workouts. Get your training in during your lunchbreak.
- 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
- 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. \$\$