

APRIL 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
LIATP 6 am Carole		LIATP 6 am Carole		LIATP 6 am Carole	
Sky's Out Thighs Out 8 am Dylan		Sky's Out Thighs Out 8 am Dylan		Sky's Out Thighs Out 8 am Dylan	
Rankin Group Fitness 9 am Mike		Rankin Group Fitness 9 am Mike		Rankin Group Fitness 9 am Mike	
Mission Slimpossible 6 pm Tyler M.		Mission Slimpossible 6 pm Tyler M.		Mission Slimpossible 6 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.
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
- 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. \$\$