

JULY 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
SMGT Early Birds 6 am Carole	SMGT 1 pm Dylan	SMGT Early Birds 6 am Carole	SMGT 1 pm Dylan	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			

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

SMGT Early Birds Improve overall strength and Stamina.

Carole Frederick: carole@peakmissoula.com