

August 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
Circuit Training 8 am Janelle	Bow Hunter Bootcamp 6 am Stephen	Circuit Training 8 am Janelle	Bow Hunter Bootcamp 6 am Stephen	Bow Hunter Bootcamp 6 am Stephen
Functional 10 am Stephen	Functional 9 am Stephen	Functional 10 am Stephen	Functional 9 am Stephen	Circuit Training 8 am Janelle
Circuit Training Noon Matt	MS Sports Performance 4 pm Stephen	Circuit Training Noon Matt	Circuit Training Noon Matt	Cross Train 9 am Shane
MS Sports Performance 4 pm Stephen	HS Sports Performance 5 pm Stephen	MS Sports Performance 4 pm Stephen	HS Team 3 pm Stephen	Functional 10 am Stephen
HS Sports Performance 5 pm Stephen		HS Sports Performance 5 pm Stephen	MS Sports Performance 4 pm Stephen	
Circuit Training 5:30 pm Matt		Circuit Training 5:30 pm Matt	HS Sports Performance 5 pm Stephen	
			Cross Training 5:15 pm Shane	

Most Team Training classes are 50 minutes.



Download Our Mobile App
Or Visit Our Website For
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.

**Bow Hunter
Bootcamp**

Get ready for hunting season. Tuesday & Thursday Blue Mountain; focus is on HIIT and Strength training. Friday offsite; focus is on bow target shooting, trail endurance and hunt/pack training. 6 week session

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, Mon, Wed, Fri: Janelle Beck, janelle@peakmissoula.com

Noon, Mon, Wed, Fri: Matt Gosselin, matt@peakmissoula.com

5:30 pm, Mon, Wed: Matt Gosselin, matt@peakmissoula.com

Cross Train

Sign up at the Blue Mountain Fitness Desk or email Shane Julius:
shane@peakmissoula.com