

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	Ski Conditioning 6 am Stephen	Circuit Training 8 am Janelle	Ski Conditioning 6 am Stephen	Circuit Training 8 am Janelle
Functional 10 am Stephen	Functional 9 am Stephen	Functional 10 am Stephen	Functional 9 am Stephen	Cross Train 9 am Shane
Circuit Training Noon Matt	MS Sports Performance 4 pm Stephen	Circuit Training Noon Matt	Circuit Training Noon Matt	Functional 10 am Stephen
MS Sports Performance 4 pm Stephen	HS Sports Performance 5 pm Stephen	MS Sports Performance 4 pm Stephen	HS Team 3 pm 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.

Revised October 2018



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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.
- Ski Conditioning** Get ready for the Ski and Snowboard season. Tuesday & Thursday
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