

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 Sky's Out Thighs Out 8 am Dylan Rankin Group Fitness 9 am Mike LIATP 11 am Carole LIATP 6 pm John/Marlon	SMGT 1 pm Dylan	SMGT Early Birds 6 am Carole Sky's Out Thighs Out 8 am Dylan Rankin Group Fitness 9 am Mike LIATP 11 am Carole LIATP 6 pm John/Marlon	SMGT 1 pm Dylan	Sky's Out Thighs Out 8 am Dylan Rankin Group Fitness 9 am Mike LIATP 11 am Carole LIATP 6 pm John/Marlon	

Most Team Training classes are 50 minutes.

Revised October 2018



Download Our Mobile App
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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
- LIATP** LOSE IT AT THE PEAK
PEAK'S 8 week weight loss and lifestyle challenge.
Next session Winter 2019.
For more info contact R.D., Denise Zimmer, denise@peakmissoula.com