

# 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
<b>Early Birds</b> 6 am Carole	<b>SMGT</b> 1 pm Dylan	<b>Early Birds</b> 6 am Carole	<b>SMGT</b> 1 pm Dylan	<b>Functional Circuit</b> 7 am Carole	
<b>Sky's Out Thighs Out</b> 8 am Dylan		<b>Functional Circuit</b> 7 am Carole		<b>Sky's Out Thighs Out</b> 8 am Dylan	
<b>Rankin Group Fitness</b> 9 am Mike		<b>Sky's Out Thighs Out</b> 8 am Dylan		<b>Rankin Group Fitness</b> 9 am Mike	
<b>Fun-ctional Fitness</b> 11 am Carole		<b>Rankin Group Fitness</b> 9 am Mike		<b>Fun-ctional Fitness</b> 11 am Carole	
<b>Unstoppable Bandits</b> 6 pm John		<b>Unstoppable Bandits</b> 6 pm Marlon		<b>Silver Linings</b> 4 pm Mike	
				<b>Unstoppable Bandits</b> 6 pm Marlon	

Please contact the trainer prior to trying a SMGT session to insure availability, and to receive class structure and goals. Most Team Training classes are 50 minutes.

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

<b>Sky's Out Thighs Out</b>	Strength training focusing on, core, intervals and mobility. Dylan Richmond: dylan@peakmissoula.com
<b>Rankin Group Fitness</b>	High intensity, full body muscle conditioning.
<b>Silver Linings</b>	Private group training for "Silver Linings" Dragon Boat Race Team Mike Rankin: mike@peakmissoula.com
<b>Early Birds</b>	Improve overall strength and Stamina.
<b>Functional Circuit</b>	Circuit Training
<b>Fun-ctional Fitness</b>	Full body circuits that cover strength, function, cardio and a whole lot of fun
<b>30/20/30</b>	Carole Frederick: carole@peakmissoula.com
<b>Unstoppable Bandits</b>	Functional Training John Hoheim: john@peakmissoula.com or Marlon Pamiwulf: marlon@peakmissoula.com