

# 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>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>All Star Athletics</b> 5 pm Adam  <b>Fit Folks</b> 6 pm Adam	<b>SMGT</b> 1 pm Dylan	<b>Early Birds</b> 6 am Carole  <b>Sky's Out Thighs Out</b> 8 am Dylan  <b>Rankin Group Fitness</b> 9 am Mike	<b>SMGT</b> 1 pm Dylan  <b>All Star Athletics</b> 5 pm Adam  <b>Fit Folks</b> 6 pm Adam	<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	

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

- Sky's Out Thighs Out**    Strength training focusing on, core, intervals and mobility.  
Dylan Richmond: [dylan@peakmissoula.com](mailto:dylan@peakmissoula.com)
- Rankin Group Fitness**    High intensity, full body muscle conditioning.  
Mike Rankin: [mike@peakmissoula.com](mailto:mike@peakmissoula.com)
- Early Birds**    Improve overall strength and Stamina.
- Fun-ctional Fitness**    Full body circuits that cover strength, function, cardio and a whole lot of fun.  
  
Carole Frederick: [carole@peakmissoula.com](mailto:carole@peakmissoula.com)
- All Star Athletics**
- Fit Folks**    Functional Training to support daily activities and enhance general health and strength.  
  
Adam Lunday: [adam@peakmissoula.com](mailto:adam@peakmissoula.com)