

# DOWNTOWN

# Small Group Training



**Cost: \$100/10 sessions**

Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960

peakmissoula.com

MON	TUE	WED	THUR	FRI	SAT
<b>Sky's Out Thighs Out</b> 8 am Dylan	<b>Early Birds</b> 6:45 am Carole	<b>Sky's Out Thighs Out</b> 8 am Dylan	<b>Early Birds</b> 6:45 am Carole	<b>Sky's Out Thighs Out</b> 8 am Dylan	
<b>Rankin Group Fitness</b> 9 am Mike		<b>Rankin Group Fitness</b> 9 am Mike		<b>Rankin Group Fitness</b> 9 am Mike	
<b>Fit Folks</b> 6 pm Angie		<b>Fit Folks</b> 6 pm Angie			

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.

Carole Frederick: [carole@peakmissoula.com](mailto:carole@peakmissoula.com)

### **Fit Folks**

Functional Training to support daily activities and enhance general health and strength.

Angie Woody: [angie@peakmissoula.com](mailto:angie@peakmissoula.com)