

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
Sky's Out Thighs Out 8 am Dylan	Ski Fit 8 am Dylan	Sky's Out Thighs Out 8 am Dylan	Ski Fit 8 am Dylan	Sky's Out Thighs Out 8 am Dylan	
Rankin Group Fitness 9 am Mike		Rankin Group Fitness 9 am Mike		Rankin Group Fitness 9 am Mike	
Fit Folks 6 pm Angie		Fit Folks 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.

Ski Fit Get ready for winter sports.

Dylan Richmond: dylan@peakmissoula.com

Rankin Group Fitness High intensity, full body muscle conditioning.

Mike Rankin: mike@peakmissoula.com

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

Angie Woody: angie@peakmissoula.com