

# MEZZANINE GROUP TRAINING

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am		HIIT Training W/Gabe		HIIT Training W/Gabe		
8 am	Women's Strength W/Grace		Women's Strength W/Grace		Women's Strength W/Grace	
					Circuit Training W/Chris	
9 am		Functional Training W/Stephen		Functional Training W/Stephen		
10 am	Functional Training W/Stephen		Functional Training W/Stephen		Functional Training W/Stephen	
Noon	TRX Training w/Angie					
1 pm		Longevity Training W/Jen		Longevity Training W/Jen		
4 pm			Circuit Training W/Chris			
5 pm		Barbell Basics W/Grace				

**Location**

**Pickleball Mezzanine**

## Small Group Training

**Members \$125/10 Sessions or \$12.50 per session**

**Guest: \$195/10 Sessions or \$19.50 per session**

**Sessions are 50 minutes.**



406.251.3344 | [peakmissoula.com](http://peakmissoula.com)

**Mezzanine Hours** M-TH: 6am-10pm, Fri.: 6am-8:30pm, Sat.-Sun. 7am-8pm

# MEZZANINE SMALL GROUP TRAINING

## **Longevity Training *with Jen***

A strength workout designed to increase muscle, strengthen bones, and improve balance using a combination of bodyweight exercises and free weights with a focus on eccentric and isometric movement patterns.

This workout is geared towards people who want to train for longevity. Staying as strong as possible for all of life's physical activities for as long as possible.

## **Cycling Training *with Jamie***

An indoor cycling training plan to increase overall fitness, cardio endurance and functional threshold power by training in all energy/HR zones. We will use a build/ test/ recover method with HR and power training data review to measure progress.

## **Functional Training *with Stephen***

Exercises that train your muscles to work together by simulating movements in daily life, activities and sports.

## **Circuit Training *with Chris***

Strength and conditioning exercises/circuits for all levels.

## **Women's Strength *with Grace***

Improve posture, develop overall strength and increase movement while preventing injury. Designed specifically for women.

## **TRX Training *with Angie***

Circuit training allows you to move through a variety of strength and cardio stations utilizing battle ropes, row machines, assault bikes, the sled, many other pieces of equipment, and of course, TRX!

## **HIIT Training *with Gabe***

High-Intensity Interval Training helps energy levels, enhance mood, and improve overall well-being in the most positive way possible—*while making it super fun for everyone*. Even if you're not a morning person I promise you will enjoy the workouts



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Fitness Training and Sports Performance Director, Stephen Pitts

Email: [Stephen@peakmissoula.com](mailto:Stephen@peakmissoula.com)

Phone: 406-251-3344 ext. 252