

# BLUE MTN SMALL GROUP TRAINING \$

Bringing monthly schedules to your fingertips, starting May 1st! Schedules will be posted in the app, in the monthly newsletter, online or at each location for easy viewing. If you have any questions, our PEAK staff are happy to help you with this transition. Thank you for helping us go green!

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 Strength & Conditioning W/Alec	Functional Training W/Stephen		
10 am	Functional Training W/Stephen		Functional Training W/Stephen		Functional Training W/Stephen	
Noon	TRX Training W/Angie	Pickleball Conditioning W/Alec		Pickleball Conditioning W/Alec		
1 pm		Longevity Training W/Jen		Longevity Training W/Jen		
4 pm			Circuit Training W/Chris			
5 pm		Barbell Basics W/Grace				
<b>Location</b>	Blue Mountain Training Area		Pickleball Mezzanine		Cycling Studio	

## 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. | **\*\*classes with asterisks, review back for program & session**



406-251-3344 | peakmissoula.com

**Blue Mountain Hours** M-F 5am-10pm, Sat.-Sun: 7am-8 pm

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## **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.

## **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

## **Pickleball Conditioning with Alec**

Tired of dunking your dinks? Sick of getting lettuce because you couldn't get there in time? Want to develop the speed and strength to body bag the competition? Improve your game with Pickleball Conditioning with Alec! Functional training classes designed to target strength, power, speed, agility, coordination, joint conditioning, balance, and core strength. Pickleball Conditioning has been developed specifically to help Pickleball players at all levels play safely while strengthening joints and minimizing on-court injury risk. Classes are conveniently scheduled around our Pickleball Round Robin schedule. Elevate your game today with Pickleball Condi-

## **Functional Strength and Conditioning with Alec**

Functional Strength and Conditioning with Alec is a full-body workout designed to improve your ability to function in everyday life. We focus on training muscular strength and endurance, increasing joint health and mobility, and full-body conditioning. Come learn movements and techniques designed to promote training in a safe and sustainable manner, while minimizing injury risk. Want to work towards being a stronger, more resilient version of your best self? Come join Functional Strength and Conditioning with Alec!



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