

Downtown 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
8 am	Sky's Out Thighs Out w/Dylan		Sky's Out Thighs Out w/Dylan		Sky's Out Thighs Out w/Dylan	
9 am	PEAK Power Hour w/Alli		PEAK Power Hour w/Alli		PEAK Power Hour w/Alli	
LOCATION						
DT Group Fit Room			DT Green Turf			
<p>Small Group Training Members \$125/10 Sessions or \$12.50 per session Guest: \$195/10 Sessions or \$19.50 per session</p> <p>Sessions are 50 minutes.</p>						



Downtown Hours

Monday-Friday: 5 am-10 pm
 Saturday & Sunday: 7 am-8 pm
 406 251-3344 peakmissoula.com

DOWNTOWN GROUP TRAINING

Sky's Out Thighs Out *with Dylan*

Strength training focusing on core, intervals and mobility.

PEAK Power Hour *with Alli*

60-minute HIIT style workout focusing on strength training, cardio, and balance.



Downtown Fitness Training Director, Mike Rankin

Email: mike@peakmissoula.com

Phone: 406-251-3344 ext. 352