

MEZZANINE 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 | | | | |

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

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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