

Downtown SMALL GROUP TRAINING \$

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am	Sky's Out Thighs Out w/Dylan	Ski Conditioning Class w/Dylan Starts 10/1	Sky's Out Thighs Out w/Dylan	Ski Conditioning Class w/Dylan Starts 10/1	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 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.

Ski Conditioning with Dylan

10-week strength training course focusing on lower body and core to get ready for the upcoming ski and snowboard season. Spots will be limited. Starts Oct.1st—Tuesdays & Thursdays at 8 am

Downtown Fitness Training Director, Mike Rankin

Email: mike@peakmissoula.com

Phone: 406-251-3344 ext. 352



406-251-3344 peakmissoula.com

Downtown Hours : Mon-Fri: 5 am-10 pm; Sat. & Sun. 7 am-8 pm

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