

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	Sky's Out Thighs Out w/Dylan	Ski Conditioning Class 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	
6 pm				Beginning Strength Training w/Kaitlin		

LOCATION

DT Green Turf

Small Group Training

Members \$125/10 Session or \$12.50 per session

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

Sessions are 50 minutes.

Beginning Strength Training with Kaitlin

Strength training focusing on a full-body workout designed to improve your ability to function in everyday life. Learn movements and techniques designed to promote training in a safe and sustainable manner.

PEAK Power Hour with Alli

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

Sky's Out Thighs Out with Dylan

Strength training focusing on core, intervals and mobility.

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.

Downtown Fitness Training Director, Mike Rankin

Email: mike@peakmissoula.com

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

406-251-3344 peakmissoula.com