

# BLUE MTN SMALL GROUP TRAINING \$

LOCATED AT THE PICKLEBALL MEZZANINE



Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
6 am		HIIT Training W/Gabe		HIIT Training W/Gabe	
8 am			Functional Strength & Conditioning W/Alec		Functional Strength & Conditioning W/Alec
8:30 am					
9 am		Functional Training W/Stephen		Functional Training W/Stephen	
9:30 am					
10 am	Functional Training W/Stephen		Functional Training W/Stephen		Functional Training W/Stephen
Noon	TRX Training W/Angie				
1 pm		Longevity Training W/Jen		Longevity Training W/Jen	
5:30 pm	**Strength Training for Triathletes** W/Jessi				

**Location**

**Pickleball Mezzanine**

**Small Group Training**

**Members \$150/10 Sessions or \$15 per session**

**Guest: \$250/10 Sessions or \$25 per session**

**Sessions are 50 minutes. | \*\*classes with asterisks, review back for program & session**

**Mezzanine Hours** M-TH: 6am-10pm, Fri.: 6am-8:30pm, Sat.-Sun. 7am-8pm

406-251-3344 | peakmissoula.com

# 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.

## **Functional Training *with Stephen***

Exercises that train your muscles to work together by simulating movements in daily life, activities and sports.

## **Circuit Training *with Alec***

Strength and conditioning exercises/circuits for all levels.

## **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

## **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!

## **\*\*Strength Training for Triathletes *with Jessi\*\****

Strength training for triathletes a full-body workout designed to improve your training through all three disciplines of a triathlon. We focus on training muscular strength and endurance, and full-body conditioning. This class is welcome to all levels, whether you've just started tri-training or are an advanced triathlete. **Please contact: [jessi.v@peakmissoula.com](mailto:jessi.v@peakmissoula.com) to sign up.**



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Fitness Training and Sports Performance Director, Stephen Pitts

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