

Downtown SMALL GROUP TRAINING \$

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am	Sky's Out Thighs Out w/Coach Mizell		Sky's Out Thighs Out w/Coach w/ Mizell		Sky's Out Thighs Out w/Coach Mizell	
9 am	PEAK Power Hour w/Alli		PEAK Power Hour w/Alli		PEAK Power Hour w/Alli	
LOCATION						
DT GREEN TURF						
<p align="center"> Small Group Training Members \$150/10 Sessions or \$15 per session Guest: \$250/10 Sessions or \$25 per session Sessions are 50 minutes. </p>						

DOWNTOWN GROUP TRAINING

Sky's Out Thighs Out *with Coach Mizell*

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



406-251-3344 peakmissoula.com

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

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.



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