

# DOWNTOWN SMALL GROUP TRAINING \$

## LOCATED AT THE DOWNTOWN GREEN TURF

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

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 AM		*Hot Flash Hustle w/Miya starts July 22nd		*Hot Flash Hustle w/Miya starts July 22nd	
9 AM	PEAK Power Hour w/Miya		PEAK Power Hour w/Miya		PEAK Power Hour w/Miya

### Small Group Training Pricing

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

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

\*Sessions are 50 minutes\*

### **Hot Flash Hustle (starts July 22nd)**

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.

### **PEAK Power Hour**

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



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