

BLUE MTN SMALL GROUP TRAINING \$

LOCATED AT THE PICKLEBALL MEZZANINE

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

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 AM	Hybrid Training w/Angie & Jessi	*Hunting Bootcamp w/Stephen <small>July 22nd-August 29th</small>		*Hunting Bootcamp w/Stephen <small>July 22nd-August 29th</small>	
8 AM			Functional Strength & Conditioning w/Alec		
8:30 AM					Functional Strength & Conditioning w/Alec
9 AM		Functional Training w/Stephen		Functional Training w/Stephen	
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	
4:30 PM			Hybrid Training w/Angie & Jessi		

Small Group Training Pricing

Members \$150/10 Sessions or \$15 per session
Guest: \$250/10 Sessions or \$25 per session

Sessions are 50 minutes



406-251-3344 | peakmissoula.com

Longevity Training

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

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

TRX Training

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!

Functional Strength and Conditioning

Functional Strength and Conditioning with Alec is a full-body workout designed to improve your ability to function in everyday life. 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!

Hybrid Training

Ready to take your fitness to the next level? This challenging yet rewarding class is designed to help you prepare for hyrox or similar hybrid training formats. Through structured training, you'll focus on building strength, endurance, coordination, and perfecting your technique.

****Hunting Bootcamp (July 22nd-August 29th)***

Join us for 6 weeks of fitness camp to get you ready for anything hunting season might throw at you. This group meets two mornings per week. **12-session series \$150/person for members.** To register: call or email Stephen (406)251-3344 ex. 252; Stephen@peakmissoula.com



Fitness Training and Sports Performance Director, Stephen Pitts
Email: Stephen@peakmissoula.com Phone: 406-251-3344 ext. 252