

# 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
7 AM		<i>new!</i> Morning Mobility w/Bostian		<i>new!</i> Morning Mobility w/Bostian	
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		Hybrid Training w/Jessi		
5:30 PM	<i>new!</i> POWER Glutes &Core w/Angie		<i>new!</i> POWER Glutes &Core w/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](http://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.

**POWER Core & Glutes (Begins September 22nd)**

Join us for

