

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	Morning Mobility w/Bostian			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	
5:30 PM	POWER Core & Glutes 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



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!

Morning Mobility

Expect to engage in activities such as hip openers, spine twists, and shoulder mobility drills. The class will conclude with calming stretches and deep breathing exercises to promote relaxation and mindfulness.

Power Core & Glutes

Build strength and stability with this class focused on your glutes, abs, and lower back. You'll use bodyweight and simple equipment to tone muscles, improve posture, and support everyday movement. Great for all fitness levels, with options to modify or challenge yourself.



Fitness Training and Sports Performance Director, Stephen Pitts

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