

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
8 AM		Ski & Conditioning w/Miles		Ski & Conditioning w/Miles	
8:30 AM			Functional Strength & Conditioning w/Alec		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	
2 PM	Functional Strength & Conditioning w/Alec <small>*Starts Dec. 29th</small>				
5 PM	PEAK Hybrid Training w/Jessi & Angie		PEAK Hybrid Training w/Jessi & Angie		



Google Play

[SIGN UP FOR CLASSES ON OUR APP: Peak Health & Wellness MSLA](#)

First Time Sign Up Use Your Email and Temporary Password: abcd1234

IMPORTANT: The login email will be the email associated with your PEAK account.



App Store

To check your email on file or add/update your email please call service desk: 406 251-3344 ext. 201.

BM: M-F 5am-10pm, Sat.-Sun., 7am- 8pm RC: M-TH 6am-10pm, Fri. 6am-8:30pm, Sat.-Sun., 7am-8pm DT: M-F 5 am-9pm, Sat-Sun. 7 am-8pm



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.

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.

Ski and Snowboard Conditioning-8 week Program

Get your legs and lungs ready for the slopes with this fun, focused 8-week program. We'll meet twice a week to build strength, balance, and endurance through a mix of lower-body work, core training, mobility, and short cardio bursts. Whether you're a skier or a snowboarder, this class will help you ride with more confidence and enjoy longer days on the mountain!

PEAK Hybrid Training-8 week Program-starts January 5th

Step into Hybrid Conditioning—a performance-driven class that blends endurance, strength, and functional athleticism into one powerful training session. Designed around the principles of hybrid racing, this class pairs run intervals with full-body functional stations to sharpen your engine, build resilience, and elevate overall athletic capacity.



Fitness Training and Sports Performance Director, Stephen Pitts

Email: Stephen@peakmissoula.com Phone: 406-251-3344 ext. 252