

# 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		Hot Flash Hustle w/Miya	
8 AM	Snoopys Lifting Club w/Coach		Snoopys Lifting Club w/Coach		Snoopys Lifting Club w/Coach
9 AM	PEAK Power Hour w/Miya	Balance Fit w/Keavyn	PEAK Power Hour w/Miya	Balance Fit w/Keavyn	PEAK Power Hour w/Miya
6:30 PM		Hot Flash Hustle w/Miya		Hot Flash Hustle 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\*

### **Balanced Fit**

Balance Fit is designed to help you build a strong and confident foundation for movement. It aims to increase muscle mass, core strength, coordination, and overall stability. If you are looking to prevent injury or simply feel stronger in your daily activities, this is the class for you.

### **Snoopys Lifting Club**

Strength training focusing on core, intervals and mobility.

### **Hot Flash Hustle**

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.



Downtown Fitness Training Director, Mike Rankin

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