

# 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		PEAK Hybrid Training w/Angie		PEAK Hybrid Training w/Angie	
8 AM	Women's Strength Training w/Niki		Functional Strength & Conditioning w/Alec		Functional Strength & Conditioning w/Alec
8:30 AM					
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				

**\*OPEN GYM SATURDAYS AND SUNDAYS**

**\*ANY TIMES OUTSIDE OF SMALL GROUP TRAINING ARE OPEN FOR MEMBER USE**

### Small Group Training Pricing

Members \$150/10 Sessions or \$15 per session

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

\*Sessions are 50 minutes\*



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.

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



App Store

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### **Functional Training**

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

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### **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!

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### **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.

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### **PEAK Hybrid Training**

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.

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### **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!

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### **Women's Strength Training**

A small-group training program designed to help women build confidence in the weight room while becoming stronger, leaner, and more powerful. This class integrates expert coaching, progressive strength programming, and a supportive community of women committed to reaching their strongest selves. It is suitable for all fitness levels, whether you're new to lifting or looking to elevate your training.



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