

# BLUE MTN SMALL GROUP TRAINING \$\$

## LOCATED AT THE PICKLEBALL MEZZANINE

**Mezzanine Hours** M-TH: 6am-10pm; Fri.: 6am-8:30pm; Sat.-Sun. 7am-8pm

\*OPEN GYM SATURDAYS AND SUNDAYS  
\*ANY TIMES OUTSIDE OF SMALL GROUP TRAINING ARE OPEN FOR MEMBER USE

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 AM		HYROX Training w/Angie		HYROX Training w/Angie	
8 AM	Women's Strength Training w/Niki		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		*NEW TIME HYROX Training w/Jessi		
1 PM		Longevity Training w/Jen		Longevity Training w/Jen	
2 PM	Functional Strength & Conditioning w/Alec				
6:30 PM	*NEW TIME HYROX Training w/Jessi				

**HYROX**  
TRAINING  
CLUB

### 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