

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				

H Y R O X
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

Functional Training

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

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!

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.

Hyrox Training-Official Hyrox Training Gym

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.

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!

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.



Fitness Training and Sports Performance Director, Stephen Pitts
Email: Stephen@peakmissoula.com Phone: 406-251-3344 ext. 252