

BLUE MOUNTAIN

Small Group Training



Cost: \$125/10 sessions

Monday - Friday 5 am-10 pm, Saturday & Sunday 7 am-8 pm

Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960

peakmissoula.com

MON	TUE	WED	THUR	FRI
Women's Strength 8 am Grace	Conditioning 6 am Stephen	Women's Strength 8 am Grace	Conditioning 6 am Stephen	Functional 10 am Stephen
Functional 10 am Stephen	Functional 9 am Stephen	Functional 10 am Stephen	Functional 9 am Stephen	
MS Sports Performance 4 pm Stephen	MS Sports Performance 4 pm Stephen	MS Sports Performance 4 pm Stephen	HS Team 3 pm Stephen	
HS Sports Performance 5 pm Stephen	HS Sports Performance 5 pm Stephen	HS Sports Performance 5 pm Stephen	MS Sports Performance 4 pm Stephen	
	Circuit Training 5 pm Chris	Runners Endurance 5 pm Chris	HS Sports Performance 5 pm Stephen	
	Barbell Basics 5 pm Grace			

Please contact the trainer prior to trying a SMGT session to insure availability, and to receive class structure and goals.

Most Team Training classes are 50 minutes.

Small Group Training Descriptions

<p>Sports Performance High School & Middle School</p> <p>Conditioning Training</p> <p>Functional Training</p>	<p>Member: \$125/10 sessions or \$12.50 per session Guest: \$195/10 sessions or \$19.50 per session All sessions are 50 minutes.</p> <p>High school and youth performance training programs for individuals who want to reach the next level. Brings the same methodology and intensity used with professional and collegiate athletes to support and prepare high school and youth athletes. Learn to safely and effectively reach your goals.</p> <p>Get ready for your outside activities.</p> <p>Exercises that train your muscles to work together by simulating movements in daily life, activities and sports.</p> <p>Sign up at the Blue Mountain Fitness Desk or email Stephen Pitts: stephen@peakmissoula.com.</p>
<p>Circuit Training</p> <p>Runners Endurance</p>	<p>Strength and conditioning exercises/circuits for all levels.</p> <p>Aerobic endurance training, pacing, running form and foot strike work.</p> <p>Sign up at the Blue Mountain Fitness Desk or email Chris Jones: chris@peakmissoula.com.</p>
<p>Cross Train</p>	<p>Sign up at the Blue Mountain Fitness Desk or email Shane Julius: shane@peakmissoula.com.</p>
<p>General Fitness Power Hour</p>	<p>Strength and movement at your own pace.</p> <p>Sign up at the Blue Mountain Fitness Desk or email Bostian Johnstone: bostian@peakmissoula.com.</p>
<p>Women's Strength</p> <p>Barbell Basics</p>	<p>Improve posture, develop overall strength and increase movement while preventing injury. Designed specifically for women.</p> <p>Whether you are a novice to barbells or a competitor, perfect your form, barbell etiquette and find your inner strength. Perfect for athletes.</p> <p>Sign up at the Blue Mountain Fitness Desk or email Grace Dana: grace@peakmissoula.com.</p>