BLUE MOUNTAIN Small Group Training



Cost: \$125/10 sessions

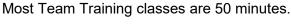
Monday - Friday 5 am-10 pm, Saturday & Sunday 7 am-8 pm

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

peakmissoula.com

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







Small Group Training Descriptions

Guest: \$195/10 sessions or \$19.50 per session		
All sessions are 50 minutes.		
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		
Get ready for your outside activities.		
Exercises that train your muscles to work together by simulating movements in daily life, activities and sports.		
Sign up at the Blue Mountain Fitness Desk or email Stephen Pitts: stephen@peakmissoula.com.		
Strength and conditioning exercises/circuits for all levels.		
Aerobic endurance training, pacing, running form and foot strike work.		
Sign up at the Blue Mountain Fitness Desk or email Chris Jones: chris@peakmissoula.com.		
Sign up at the Blue Mountain Fitness Desk or email Shane Julius: shane@peakmissoula.com.		
Strength and movement at your own pace.		
Sign up at the Blue Mountain Fitness Desk or email Bostian Johnstone: bostian@peakmissoula.com.		
Improve posture, develop overall strength and increase movement while preventing injury. Designed specifically for women.		
Whether you are a novice to barbells or a competitor, perfect your form, barbell etiquette and find your inner strength. Perfect for athletes.		
Sign up at the Blue Mountain Fitness Desk or email Grace Dana: grace@peakmissoula.com.		
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