## BLUE MOUNTAIN Small Group Training



## Cost: \$125/10 sessions

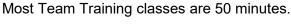
Monday - Friday 5 am-10 pm, Saturday & Sunday 7 am-8 pm

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

peakmissoula.com

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

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







## Small Group Training Descriptions

	Member: \$125/10 sessions or \$12.50 per session		
	Guest: \$195/10 sessions or \$19.50 per session		
	All sessions are 50 minutes.		
STEPHEN PITTS			
Conditioning Training	Get ready for your outside activities.		
Functional Training	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 contact Stephen by email: stephen@peakmissoula.com, voicemail: 406 251-3344 ext. 252		
CHRIS JONES			
Circuit Training	Strength and conditioning exercises/circuits for all levels.		
Runners Endurance	Aerobic endurance training, pacing, running form and foot strike work.		
	Sign up at the Blue Mountain Fitness Desk or contact Chris by email: chris@peakmissoula.com, voicemail: 406 251-3344 ext. 254		
BOSTIAN JOHNSTONE			
Circuit Training	Strength and conditioning exercises/circuits for all levels.		
	Sign up at the Blue Mountain Fitness Desk or contact Bostian by email: bostian@peakmissoula.com, voicemail: 406 251-3344 ext. 256		
GRACE DANA			
Women's Strength	Improve posture, develop overall strength and increase movement while preventing injury. Designed specifically for women.		
Barbell Basics	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 contact Grace by email: grace@peakmissoula.com, voicemail: 406 251-3344 ext. 255		