

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	Circuit Training 8 am Chris
Functional 10 am Stephen	Functional 9 am Stephen	Circuit Training 8 am Chris	Functional 9 am Stephen	Functional 10 am Stephen
	Barbell Basics 5 pm Grace	Functional 10 am Stephen	HS Team 3 pm Stephen	
	Circuit Training 5 pm Bostian	Runners Endurance 5 pm Chris	Circuit Training 5 pm Bostian	

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><u>STEPHEN PITTS</u></p> <p>Conditioning Training</p> <p>Functional Training</p>	<p>Member: \$125/10 sessions or \$12.50 per session</p> <p>Guest: \$195/10 sessions or \$19.50 per session</p> <p>All sessions are 50 minutes.</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 contact Stephen by email: stephen@peakmissoula.com, voicemail: 406 251-3344 ext. 252</p>
<p><u>CHRIS JONES</u></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 contact Chris by email: chris@peakmissoula.com, voicemail: 406 251-3344 ext. 254</p>
<p><u>BOSTIAN JOHNSTONE</u></p> <p>Circuit Training</p>	<p>Strength and conditioning exercises/circuits for all levels.</p> <p>Sign up at the Blue Mountain Fitness Desk or contact Bostian by email: bostian@peakmissoula.com, voicemail: 406 251-3344 ext. 256</p>
<p><u>GRACE DANA</u></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 contact Grace by email: grace@peakmissoula.com, voicemail: 406 251-3344 ext. 255</p>