



NEWSLETTER

April 2023

Making Lives Better Through Fitness & Wellness



Stress Awareness Month

What's Happening This Month

Learn about Drop-In Kids Court, our Earth Day Bend & Brew, and more!
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New West Bank Classes

Yoga is back and Saturday Classes have been refreshed for April!
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Pickleball Tournament

It is that time of year again for the Spring Mix-Up!
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What's Happening This Month?

Stress Awareness Month

Drop-In KIDS COURT

Relief for busy parents!



Drop off the kids and enjoy a stress-free workout!



For children 8-12 years old.

MONDAYS IN APRIL 5:30 - 7:00 PM

Visit our website for more information!

www.peakgreatfalls.com

MUSCLES GET STRESSED TOO.

Myofascial release recovery tools give your hard-working muscles the tender, loving, care they so greatly deserve.



Our Fit Pros want to introduce you to the magic of **Hyperice recovery tools!**

Find a **Fit Pro** on the Fitness Floor this month to learn more!

HYPERICE RECOVERY TOOLS

that our Fit Pros have available:



Hyperice Hypersphere



Hyperice Vyper



Hyperice Hypervolt

Earth Day Celebration

BEND & BREW



Space is limited-
Scan the QR code
to sign up online!



**Earth Day! Saturday, April 22
6:00 - 7:30 pm**

Peak Health & Wellness Center - Back Lawn
(or Gymnasium, depending on Mother Nature!)

FREE for Members!
Must be 21+



Join us at the Peak for **drinks** and **yoga** led by **Nadine Corda**.
The fun continues at **Mighty Mo Brewing Co.** with
complimentary drinks after the event!

EARTH DAY

sale!

April 16th -
April 22nd

10% OFF
ALL EARTH-TONE
CLOTHING IN THE
PROSHOP



Aerobic Exercise and Stress

Fit Pro Tip of the Month

Charla Brearley - Fit Pro

Any exercise or movement will help to increase your fitness level, but **aerobic movement** has been proven to help you decompress and relax from a stressful day or week.

So when you are feeling overwhelmed or overly stressed, allow yourself to take a walk, bike ride, jog, or join in on one of the classes we offer here at the Peak to reduce the tension of daily stressors.



Yoga at the Peak

These yoga classes are held weekly and can help you to reduce stress!

Hatha Yoga

With this type of yoga, you move your body slowly and deliberately into different poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness. Open to all ability levels. Poses can be advanced as you progress or take an alternatives as your body needs.

Gentle Yoga

This class will be a gentle Vinyasa flow that has a focus on flexibility and stability as well as incorporating intentionality in foundational poses and introducing breath work. All levels are welcome.

Deep Stretch Yoga

This Yin Yoga style class focuses on deeply stretching and relaxing the body. A busy or athletic lifestyle can build tension in the body, resulting in pain, imbalance, or limited mobility. This class will lengthen commonly tight areas- great for athletes or just active lives. All levels are welcome!

You can find these classes on our weekly class schedule!
Visit www.peakgreatfalls.com to view the calendar.



The Optimum Weekly Dose of HIIT

Wellness Tip of the Month

Jen Brown - Fit Pro

When your body is introduced to a stressful situation, such as high-intensity exercise, stress hormones like cortisol are released. The effects of cortisol can be beneficial. Short term, cortisol enhances strength, improves immunity, and reduces inflammation. Essentially, the short term increase in cortisol helps the body repair, adapt and grow stronger. Long term, however, increased amounts of cortisol can have a negative effect on the body, causing fatigue, joint pain and mood disturbance.

The key to reaping the benefits of HIIT workouts is RECOVERY. The recovery period is when all the positive adaptations and developments take place. The stresses induced on the body during the workout essentially breaks down the muscles. It is during recovery that the muscles are repaired and become stronger. If insufficient time is given for recovery, the body may continue to break down, becoming weaker and falling into overtraining.

Signs of overtraining include:

- Prolonged general fatigue
- A plateau or decline in athletic performance
- Increase in tension, depression, anger or confusion
- Inability to relax
- Poor-quality sleep
- Lack of energy, decreased motivation, moodiness
- Heart rate is off
- Decrease in immunity



So how often should HIIT workouts be performed?

Research shows that in order to prevent overtraining, the time the heart rate is above 90 percent maximum, should be limited to 30-40 minutes per week. This isn't to say that one can only exercise 30-40 minutes per week. In fact, it is wise to mix a HIIT workout or two, into a weekly workout routine. The key is to not exceed 30-40 minutes with the heart rate above 90 percent maximum, and to allow the body to properly recover.



The Peak Day Spa

The Peak Day Spa is committed to your health and well-being. We invite you to experience total relaxation in our spa sanctuary, where we offer a variety of massage services. Your experience can be enhanced by taking advantage of the club hot tub, steam rooms, or saunas.

Visit www.peakgreatfalls.com/spa to book now!



Spring HIIT is in the Air

Cardiovascular Workout of the Month

Travis Lafountain - Fit Pro

Perform each exercise for 30 seconds and allow 10 seconds of rest in between each exercise.

After all 6 exercises, rest for 45 seconds. Complete this circuit a total of 6 times!

- Jump Rope
- Push Ups
- High Jumps
- Mountain Climbers
- High to Low Planks
- Burpees

Take a few minutes to stretch your legs, arms, and core after your workout.

EXERCISES OF THE MONTH

GENERAL SLAM BALL



Demonstrated by Charla Brearley.

YOGA SHAVASANA



Demonstrated by Nadine Corda.

PILATES THE HUNDRED



Demonstrated by Shanda Leritz.

Still unsure of where to start in your fitness journey?

New members get TWO complimentary Smart Start Orientation sessions! Talk to our front desk to get started.



West Bank Update

YOGA IS BACK AT THE WEST BANK!



YOGA
WITH SAGE

VINYASA YOGA LEVELS 1 & 2

TUESDAYS 9:00-10:00 AM
SOUTH STUDIO

THURSDAYS 9:00-10:00 AM
NORTH STUDIO

SATURDAY CLASSES

AT THE PEAK WEST BANK LANDING

APRIL

APRIL 1ST

8:00 - 8:50AM

HIIT Mix w/ Meredith (NORTH STUDIO)

9:00 - 9:50AM

Vinyasa Yoga w/ Sage (SOUTH STUDIO)

APRIL 8TH

8:00 - 8:50AM

HIIT Mix w/ Meredith (NORTH STUDIO)

9:00 - 9:50AM

Vinyasa Yoga w/ Sage (SOUTH STUDIO)

APRIL 15TH

8:00 - 8:50AM

HIIT Mix w/ Carley (NORTH STUDIO)

9:00 - 9:50AM

BodyBalance w/ Katrina (SOUTH STUDIO)

APRIL 22ND

8:00 - 8:50AM

HIIT Mix w/ Sandra (NORTH STUDIO)

9:00 - 9:50AM

Vinyasa Yoga w/ Sage (SOUTH STUDIO)

APRIL 29TH

8:00 - 8:50AM

HIIT Mix w/ Sandra (NORTH STUDIO)

9:00 - 9:50AM

BodyBalance w/ Katrina (SOUTH STUDIO)

SPRING MIX-UP
PICKLEBALL
TOURNAMENT

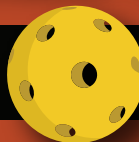


• MEN'S DOUBLES • WOMEN'S DOUBLES •
• MIXED DOUBLES •

APRIL 29 & 30
9 AM - 6 PM

PEAK HEALTH & WELLNESS CENTER
1800 BENEFIS COURT, GREAT FALLS, MT 59405

April 29: Mixed Doubles
April 30: Men's & Women's Doubles



\$35/Member
\$40/Non-Member

LIMITED SPOTS AVAILABLE! SIGN UP TODAY!
406.727.7325 | peakgreatfalls.com | shanda@peakgreatfalls.com



Swim Lessons at the Peak



It's never too late to learn how to swim! Our group swim classes are for students of all skill levels, ages 2 years and up. Our program teaches the skills needed to ensure personal water safety while teaching the correct techniques for recreational, athletic and competitive swimming.

Upcoming Sessions

April 4 - 27



May 2 - 25



June 6 - 29

Lessons are held on Tuesdays and Thursdays throughout each session. Morning and afternoon times are available.

Members: \$45 per session • Non-Members: \$58 per session

Sibling discounts available!

TO REGISTER:

Visit www.peakgreatfalls.com and download a registration form!

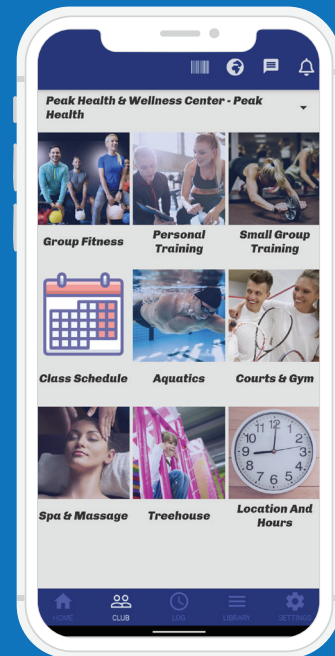
Starting March 13:



**GET A FREE
TIGER BALM SAMPLE**

**WHEN YOU DOWNLOAD
THE PEAK APP**

- Barcode for Check-In
- Class Schedules
- Court and Pool Schedules
- Track Workouts
- Connect With Others
-and much more!



Show the front desk that you've downloaded the app to claim your FREE sample! Supply is limited!

**Scan the QR code
and download the
app today!**



UNLIMITED CHILDCARE!

Primary child only \$20 per month!

Second child add-on only \$15 per month | all additional children only \$10 per month

TALK TO MEMBERSHIP TODAY



KIDS Fitness CLASSES

PEAK LITTLE MOVERS

What: Focus on getting younger kids excited about fitness and movement while they experience fun activities that include balance, social interaction, motor skills and sensory fun.

PEAK FIT KIDS

What: Every class is different and has a focus on age-appropriate high-energy cardio, flexibility, endurance and strength building. Motivating each child to achieve a love of fitness, while having fun and building friendships.

MONDAY

10-10:30 AM

Peak Little Movers

(ages 3-5) - Haley

4:30-5:15 PM

Peak Fit Kids

(ages 6-12) - Travis

THURSDAY

4:30-5:15 PM

Peak Fit Kids

(ages 6-12) - Travis

FRIDAY

10-10:30 AM

Peak Little Movers

(ages 3-5) - Haley

2023 Holiday Hours

Easter | April 9 | Closed

Memorial Day | May 29 | 5 AM - 2 PM

Independence Day | July 4 | 6 AM - 2 PM

Labor Day | September 4 | 5 AM - 2 PM

Thanksgiving | November 23 | Closed

Christmas Eve | December 24 | 5 AM - 2 PM

Christmas Day | December 25 | Closed

New Year's Eve | December 31 | 5 AM - 2 PM



1800 Benefis Court - Great Falls, MT | (406) 727-7325

Club Hours: **Mon-Fri:** 5 AM-10 PM, **Sat-Sun:** 6 AM - 9 PM

401 3rd Ave NW - Great Falls, MT | (406) 604-4334

Club Hours: **Mon-Fri:** 5 AM-9 PM, **Sat-Sun:** 7 AM - 7 PM