



# NEWSLETTER

August 2023

Making Lives Better Through Fitness & Wellness

## Dog Days of Summer



### **Dog Days of Summer**

Help pets in need at the Maclean-Cameron Animal Adoption Center!

**pg 4**

### **Summer Challenges**

BINGO, MyZone, and Group X Challenges continue in August!

**pg 7**

### **Kids' Camps**

Registration is still open for Racquetball/Squash and Wet n' Wild camps!

**pg 8**

# Upcoming Changes at the Peak

Hey Peak Fam!

The word is out - We are renovating the fitness floor at our main location! Here are a few updates we have regarding the timeline of the renovation and the available resources we will still have available.

**While the Peak Main will be closing the fitness floor for renovations, the rest of the facility will remain open.**

Available areas and resources include:

- Aquatics: All pools and hot tub
- Mezzanine: cardio equipment, stretching, and functional training
- Locker rooms: showers, saunas, steam rooms
- Courts: basketball and racquetball courts
- Group Fitness Classes: GroupX Studio, Hazelnut Studio, Yoga Studio, Pilates Studio, Cycle Studio  
(**Synrgy classes will be held at the Peak West Bank Landing.** There are no other class changes at this time.)
- Treehouse

In addition, we will accommodate the closure by distributing a limited number of fitness equipment pieces and accessories throughout different areas of the facility. Please refer to our "Workout Resources Map" below for details on what equipment will be available and where. It was previously communicated in error that there would also be equipment available for check-out. We will not be offering equipment check-out and we apologize for the confusion!

Here are some important dates to be aware of as we relocate fitness equipment and accessories throughout the facility:

- **August 9 - 11:** Peak staff will begin moving furniture out of the lobby to make room for fitness equipment.
- **August 12 - 14:** Peak staff will move fitness equipment and accessories from the fitness floor to other areas of the facility for use during the renovation.
- **August 14 - 15:** Contractors arrive to remove the rest of the equipment and begin renovations on the fitness floor.

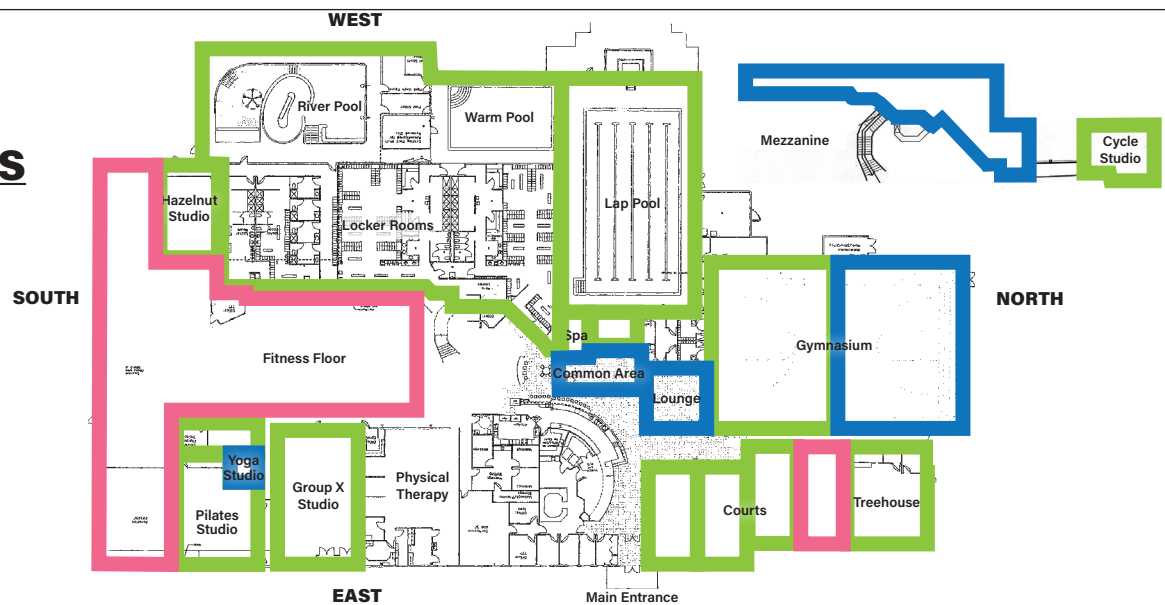
The renovation is estimated to take 5-6 weeks. **Our intention is to re-open the fitness floor at the end of September.**

We look forward to these much needed updates and we hope you are too! We appreciate your patience throughout this process. Please contact us with any additional questions you may have.

Sincerely,

Peak Management & Staff

## WORKOUT RESOURCES MAP



<b>KEY</b>	<span style="color: blue;">■</span> Additional Resources for Workouts	<b>Lounge:</b> Free Weights	<b>Yoga Studio:</b>
	<span style="color: green;">■</span> No Changes / Regular Scheduled Programming	<b>Common Area:</b>	• Medicine Balls
	<span style="color: pink;">■</span> Closed for Renovation-Related Activities	• MTS Hammer Strength	• Stability Balls
		• Kinesis	<b>Mezzanine:</b>
		<b>Gymnasium Half Court:</b> Cardio	• Functional Training Unit
			• Cardio





# You Can Do Hard Things Too

## Fit Pro Tip of the Month

Travis Lafountain - Fit Pro

Let's face it. More often than not, we don't feel like it.

Consider all the things we say we are going to do - or that we should do.

*I will start exercising tomorrow.  
I will start eating healthier.  
I'll do better with my money.  
I will quit smoking or vaping.*

Insert - I will. Wait a few days until:

*I'm tired.  
I'm stressed.  
I'm sad.  
It's raining.  
It's too hot.  
It's too cold.  
I don't have time.  
Healthy food is expensive.*



A year later we're sitting around and wondering... What happened? One might say, "Life happened." My response to this is: "Did life happen, or did YOU happen?" Life never stops happening. There will always be a reason not to do something you set your mind to. Is it hard to overcome these obstacles some days? Yes. Can we do hard things? Also, Yes.

So. Let's choose our hard.

- It's hard to exercise and it's hard to feel weak or be unable to move as well as we'd like. You choose.
- It's hard to eat healthy and it's hard to be sick more often, possibly developing chronic illness. You choose.
- It's hard to build wealth and it's hard to live in a cycle of poverty and need. You choose.
- It's hard to ditch that addiction and it's hard to live with that addiction. You choose.

You can choose hard, or hard can be given to you.

I'm always hearing stories of people doing the most amazing things. Impossible is a construct we put in our minds. Records are still being broken. Millionaires are still being self-made. 90-year-olds are still running marathons. These people chose hard when they didn't feel like it.



## Hawaiian Shirt Fridays!

Now through the end of the summer!

Rock your favorite tropical themed shirt **every Friday** at the Peak. Both staff AND members are encouraged to participate!

# Exercises of the Month

## GENERAL BEAR CRAWL

*Demonstrated by Crystal Skinner.*



## YOGA BIRD DOG

*Demonstrated by Bree Dunlap.*



## PILATES JACK KNIFE

*Demonstrated by Jamie Brook.*



**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.

## Dog Days of Summer

Visit any Peak Great Falls location throughout the month of August to donate dog (and cat!) food, toys, and supplies for the Maclean-Cameron Animal Adoption Center.

**Signing up for membership? Donate to qualify for \$0\* enrollment!**

*\*Other fees may apply at sign-up.*



Maclean-Cameron  
Animal Adoption Center





# Types of Cardio: HIIT, MISS, & LISS

## Cardiovascular Workout of the Month

*Kyle Bourg-Bartell - Fit Pro*

Hey everyone! Trying to figure out how to stay in shape as we approach the end of the summer? All cardio is good, but there are three types of cardio! What are these types, you ask? Well they are HIIT (High Intensity Interval Training), MISS (Moderate Intensity Steady State), and LISS (Low Intensity Steady State).

HIIT - What is HIIT and what does it do for me?

- Helps decrease body fat
- Increases strength and endurance
- Improves health outcomes
- Achieves similar fitness benefits in a shorter duration!
- Ex: Basketball

MISS - What is MISS and what does it do for me?

- Common exercise for beginners
- Great for weight-loss
- Increases cardio output
- Challenging but done at manageable pace for a longer amount of time than HIIT
- Ex: Treadmill at a jog or run

LISS - What is LISS and what does it do for me?

- Requires 30-60 minutes in fat burn zone
- 60% of max heart rate during the duration
- Helps lower risk of stroke, high blood pressure, diabetes, and even several types of cancer
- Also shows improvements of muscle strength, aerobic fitness, cognitive function, mental health, and most importantly sleep.
- Ex: Activities like walking and biking



## Self Defense Series

**Mondays, July 31 & August 7**  
**5:30PM - 7:30PM**



**YOUR TRAINER:**  
**DON JOHNSON**

**NGA Certified  
Personal Trainer  
5th Degree Black Belt  
Martial Artist**

**Members: \$35**  
**Guests: \$45**



# Intermittent Fasting

## Wellness Tip of the Month

Kia Mathews - Fit Pro

Intermittent fasting is one of the newer options in diet and healthy eating. There is some very interesting research being done in this field. It looks like it is more sustainable than other diets for weight loss, and people feel better overall. Some research is showing that not eating for a longer amount of time than most of us do has cardiovascular, inflammation, kidney, etc. benefits. What is it? Basically, it is what it sounds like. You only eat during certain windows of time on any given day, or you fast on certain days of the week. There are three main approaches you can take:

1. **16/8** - Here, you fast for 16 hours, and eat only during an 8-hour window. The timing of this is up to you, depending on your schedule and needs. For me, I am often not hungry for several hours first thing in the morning, so if I were to do this, I might start my eating window later in the day. Those who wake up starving might start the eating window upon waking.
2. **5:2** - With this, you eat normally five days a week and fast two days; just not two days in a row. So, you could fast on Sundays and Wednesdays for example and eat normally the rest of the week. Some programs do allow you to eat on these days but consume less than 500 calories.
3. **Alternate Day Fasting** - For this option, you would eat normally one day, then 500 calories or less the next and alternate back and forth.

The question is whether this is a healthy approach in the long or short term, whether it works (and why), and whether it helps keep the weight off over the long term. The first option, 16/8, has had the most research. Studies have found that most people do lose weight, but at about the same rate as those just counting calories. This is because when there is a limited timeframe in any given day that we are "allowed" to eat, we tend to eat fewer calories overall, but especially eating fewer of the late in the day snacks. The big advantage of this option over counting calories is that we tend to automatically decrease our caloric intake, and it is less stressful than constantly tracking everything we eat. All we must measure is our food window timeframe. This is much easier to keep track of, and we are willing to do this longer so that it becomes a habit. The two options where you fast for an entire day, or at most eat less than 500 calories can be an issue because 24 hours is a long time to go without food, making these options harder to maintain over time.

For our weight and nutrition, if you are eating healthily in your windows, getting enough water and sleep, engaging in physical activity, etc. studies have shown that intermittent fasting is safe for most people. It is not a magic bullet, however. Again, studies have shown that the weight loss rate is comparable to counting calories, though easier to stick to over the long term. The second two options might be a better choice if you are trying to kickstart your weight loss, then transition to the 16/8 category for the longer term.

There is some very interesting research on this type of diet and how it affects our overall health. Several studies have shown that it improves mood, sleep quality, cardiovascular health, digestion, inflammation, cell growth and repair, insulin production, neurological functioning, and much more. The main aspect of this that is clear is the digestion side. Digestion takes a lot of time from eating the food to expelling the waste. This means that some part of our digestive tract is doing its job nearly constantly as we eat throughout the day. As it can take several days start to finish, we do not need to be fasting the entire digestive process (this is dangerous). However, the stomach and small intestine do need some down time at least every 24 hours. The ideal minimum is 12 hours, but a little more would be better. Therefore, 16/8 fasting is a helpful option because it allows that large piece of time when the portions of digestion that take the most work and using the most energy are not happening or are finishing up. This rest period is very important, and most of us (including me) do not give our digestion that time off.

Anyone interested in intermittent fasting should talk to their doctor and (ideally) a nutritionist to make sure it is safe for them to try. There are also some populations who should not engage in this diet. They are: children and teens under 18, women who are pregnant or breastfeeding, those with type I diabetes who are on insulin, and anyone with a history of eating disorders.

<sup>i</sup> <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/intermittent-fasting/faq-20441303>

<sup>ii</sup> <https://www.npr.org/sections/health-shots/2023/06/26/1184390543/intermittent-fasting-effective-weight-loss>

<sup>iii</sup> <https://www.npr.org/sections/health-shots/2023/06/26/1184390543/intermittent-fasting-effective-weight-loss>

<sup>iv</sup> <https://www.hopkinsmedicine.org/health/wellness-and-prevention/intermittent-fasting-what-is-it-and-how-does-it-work>



# Are you up for the CHALLENGE?



## Summer Fitness



# BINGO

**JULY 3 - AUGUST 12**

EVERY BINGO COMPLETED QUALIFIES FOR AN ENTRY TO WIN A GRAND PRIZE!

GET YOUR BINGO CARD FROM THE DESK. KIDS EDITION ALSO AVAILABLE!



**JULY 3 - AUGUST 12**

**3 GRAND PRIZES  
BOOK CLASSES FOR A CHANCE TO WIN**

# SUMMER GROUP X CHALLENGE



Every Group Exercise booking through the Peak App qualifies for one (1) entry into a drawing for the chance to win one of three awesome prizes!

Scan the QR code to download the Peak App and start booking classes now!



[www.peakgreatfalls.com](http://www.peakgreatfalls.com)

# myzone<sup>®</sup> Summer Challenges

**One challenge left for the summer:**

**AUGUST - Beat the Heat!**

Earn 2000 MEPs to enter!

**BONUS PRIZE!**

Anyone who completed all 3 challenges this summer will be entered into an extra special prize drawing!



Get your belt. Earn the points. Meet the challenge.

**Purchase your MyZone belt at our Front Desk!**

# Kids' Camps at the Peak!

## KIDS Racquetball & Squash Camp

Sat, Aug 12 ~ 9AM - 12PM

Ages  
6-13



**REGISTER at the Front Desk by AUGUST 10**



SUMMER

## KIDS Camp

**Grades 1 - 6 (Rising)**

Slip-N-Slide

Pool Games

Fitness

Water Balloons

Water Kick-Ball

... and more!

**Last Session: Aug 14 - 17**

Theme - *Survivor!*

**Half Days**

Mon - Thu  
1:00-5:30 PM



Cost: \$80/Members | \$90/Non-Members

**SIGN UP NOW!**





# West Bank Update

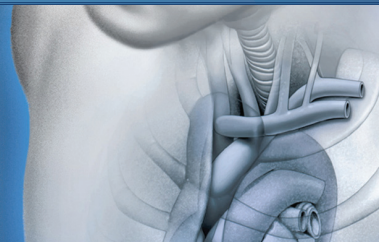
## SATURDAY CLASSES AT THE PEAK WEST BANK LANDING

<b>AUGUST 5<sup>TH</sup></b>	8:00 - 8:50AM	HIIT Mix w/ Sandra (NORTH STUDIO)
	9:00 - 9:50AM	Vinyasa Yoga w/ Lauren (SOUTH STUDIO)
<b>AUGUST 12<sup>TH</sup></b>	8:00 - 8:50AM	BODYPUMP w/ Katrina (SOUTH STUDIO)
	9:00 - 9:50AM	Vinyasa Yoga w/ Sage (SOUTH STUDIO)
<b>AUGUST 19<sup>TH</sup></b>	8:00 - 8:50AM	BODYPUMP w/ Desiree (SOUTH STUDIO)
	9:30 - 11:00AM	BODYBALANCE w/ Katrina (SOUTH STUDIO)
<b>AUGUST 26<sup>TH</sup></b>	8:00 - 8:50AM	HIIT Mix w/ Carley (NORTH STUDIO)
	9:00 - 9:50AM	Vinyasa Yoga w/ Sage (SOUTH STUDIO)

### American Heart Association® HeartSaver and Healthcare Professional Renewal Certifications at the Peak

# HEARTSAVER®

FIRST AID | CPR | AED



# BLS

Basic Life Support

#### HeartSaver CPR/AED Certification | \$65 August 25 at 1:00 PM

Classes include adult, child, and infant certifications. Participants can take any or all modules. We teach and test skills on how well students use an AED, and how well they perform compressions and give breaths. Participants practice compressions and breaths with and without a mask. If participants cannot kneel on the floor we will set up tables.

**Fees include classes & certification cards. Pre-registration at the Front Desk is required and fees must be paid at that time.**

#### Basic Life Support Health Care Provider Renewal Certification Classes | \$25

Healthcare Provider classes and skills testing is available at the Peak Health and Wellness Center. The Healthcare Provider BLS classes are scheduled as needed. The Heartcode BLS skills check-off is also available and usually lasts a half hour. You complete the online component that includes the written test and then call to schedule your skills checkoff.

**To schedule, please email [carley@peakgreatfalls.com](mailto:carley@peakgreatfalls.com).**

# Swim Lessons at the Peak



## Upcoming Sessions

August 1 - 24  
September 5 - 28  
October 3 - 26

## Session Price

Members: \$45  
Non-Members: \$58

*Sibling discounts available!*

### TO REGISTER:

Visit [www.peakgreatfalls.com](http://www.peakgreatfalls.com) and download a registration form!



## 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.

#### MONDAYS

**9:00 - 9:30 AM**  
**Peak Little Movers**  
(ages 3-5) - Gina

**9:30 - 10:00 AM**  
**Peak Fit Kids AM**  
(ages 6-12) - Gina

**4:30 - 5:20 PM**  
**Peak Fit Kids PM**  
(ages 6-12) - Travis

#### THURSDAYS

**4:30 - 5:20 PM**  
**Peak Fit Kids PM**  
(ages 6-12) - Travis

#### FRIDAYS

**9:00 - 9:30 AM**  
**Peak Little Movers**  
(ages 3-5) - Gina

**9:30 - 10:00 AM**  
**Peak Fit Kids AM**  
(ages 6-12) - Gina

*All classes meet at Racquetball/Squash Courts.  
Classes subject to change based on age  
attendance and ages present.*

## 2023 Holiday Hours

Labor Day | September 4 | 5 AM - 2 PM  
Thanksgiving | November 23 | Closed  
Christmas Eve | December 24 | 6 AM - 2 PM  
Christmas Day | December 25 | Closed  
New Year's Eve | December 31 | 6 AM - 2 PM



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

Club Hours: **Mon-Thu:** 5 AM-10 PM, **Fri:** 5 AM-9 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