

NEWSLETTER

December 2022

Making Lives Better Through Fitness & Wellness



Day of Merriment

Enjoy coffee, cookies and some Christmas Karaoke with us!
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Hustle for the Muscle Challenge

Earn MEPs and motivate yourself through the holiday season!
pg 7

Thinner Winner is BACK

Form a team and start working out for your chance to win \$1,000!
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National Giving Month

To celebrate the month of giving, The Peak and Peak West Bank Landing are handing out **30 Day VIP Memberships** to anyone looking for a one-of-a-kind stocking stuffer.

Stop by The Peaks' membership desk to receive your

**FREE
30 DAY
VIP
Membership**
All December long!

Also, be sure to come celebrate with us during our annual

Day of Merriment
Wednesday, Dec 14 from 7AM-6PM

DJ Coyote will be here with Christmas Karaoke! There will be plenty of snacks, cookies, and coffee for all.

The Perfect Stocking Stuffer!



10-PUNCH PASSES

ON SALE FOR JUST \$80!

*Valid 12/1/2022 - 12/31/2022 *No Cash Value;

Get the Gift of Guidance on your Fitness Journey!

\$36 OFF 8/PACK **\$26 OFF 4/PACK**
PERSONAL TRAINING PACKAGE PERSONAL TRAINING PACKAGE

CANNOT BE COMBINED WITH OTHER OFFERS - SOME RESTRICTIONS MAY APPLY - NO CASH VALUE
LIMIT 2 PER PERSON - COUPON VALID 12/23/22 - 1/9/23

The Peak will be closing **EARLY** on **December 10** at **6 PM** for our **Christmas Staff Party!**

Thank you for your understanding.





CTRL+ATL+DEL

Fit Pro Tip of the Month

Charla Brearley - Fit Pro

CTRL+ALT+DEL = **CONTROL**- yourself
ALTERNATE- your thinking
DELETE- negativity

Going into the colder weather & holiday season, it's very easy to get distracted, so this season **CTRL+ALT+DEL!**

CONTROL yourself and keep the course you have set for a healthier lifestyle. Don't lose all the progress you've already achieved. Enjoy your family, friends and food but be mindful of your portion sizes.

ALTERNATE your thinking. If you find yourself struggling to follow the newest "fad" diet, I want you to alternate what it means to be healthy. You are committing to a lifestyle change, this will take time, it doesn't mean you cannot have it, it means you may need to consume less, or alter the recipe for a more health conscious option.

If your thinking is "the gym is boring" or "fitness isn't fun" have you tried out classes, or spoken with a trainer?? Fitness is what you make of it, I encourage you to meet with a trainer or take a few classes, find what you like and stick with it.

DELETE negativity! This isn't just for your fitness goals, but for this article we'll address it specifically. Your thoughts and self image plays an important role on your progress towards your goals. You have to continue to believe in yourself and what you are working, so don't let your internal voice tell you that "you cannot", or "you're weak"; don't compare yourself to anyone else in the gym because you don't know where they started, you're just seeing their journey. So delete the negativity that holds you back from progressing towards your health goals!

UNLIMITED CHILDCARE!

Primary child only \$20 per month!

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

Looking for hourly care? Hourly childcare is only \$5/hr!

TALK TO MEMBERSHIP TODAY

DROP-IN **RACQUETBALL / SQUASH** LEAGUE



Mondays | 5:30-6:30 PM | Squash w/ pro Brian Halverson
Thursdays | 5:30-6:30 PM | Racquetball w/ Pro Bucky Lindstrand

NO RESERVATIONS NEEDED.

INTERESTED? HAVE QUESTIONS? CONTACT **SHANDA**

SHANDA@PEAKGREATFALLS.COM | 406.727.7325 EXT. 240



Carrots & Nutrients

Wellness Tip of the Month

Jamie Brook - Fit Pro



Carrots are a root vegetable that provide many nutrients for the body. They are the richest vegetable source of carotenes, which give them their bright orange color. Carotenes promote good vision and help maintain healthy lungs. They also have an excellent source of antioxidant compounds that help protect against heart disease. Carrots are rich in fiber, vitamin C and E, calcium and potassium. Try this carrot and cumin soup so get in your daily dose of carotenes.

Carrot and Cumin Soup

Serves 2

- 1 carrot, finely chopped
- 1 garlic clove, chopped
- 1 shallot, finely chopped
- 1 ripe tomato, skinned and chopped
- ½ teaspoon ground cumin
- 1 cup vegetable stock
- 1 bouquet garni (sprigs of parsley, thyme, and a bay leaf tied together)
- pepper, to taste
- pinch of cumin

1. 1 tablespoon reduced-fat crème fraîche or Greek yogurt (optional)
Put the carrot, garlic, shallot, tomato, cumin, stock, and bouquet garni in a lidded saucepan.
2. Bring to a simmering point over high heat, then reduce the heat and simmer for 30 minutes, or until the vegetables are tender. Let cool slightly and remove the bouquet garni.
3. Pour the soup into a food processor or blender and puree until smooth.
4. Return to the saucepan and reheat gently. Season with pepper.
5. Remove from the heat and ladle into warm mugs or bowls. Garnish with cumin and a swirl of crème fraîche or Greek yogurt, if using, and serve.

EXERCISES OF THE MONTH

GENERAL SUMO SQUAT



YOGA TREE POSE



PILATES ANGELS IN THE SNOW



If you are a new member, don't forget to schedule your two new member Smart Start Orientation Sessions.



RALLY YOUR MOTIVATION.

Earn 2000 MEPs between November 24 and January 4 to gain entry into a special prize drawing.



Holiday Hustle for the Muscle Challenge!

- WHO:** All Myzone users are invited to join.
- WHERE:** Anywhere - all exercise counts! Just make sure to wear your MyZone belt and upload your data.
- WHEN:** **November 24 - January 4**
- WHY:** Make your workout fun and rally your motivation to finish out 2022 strong!
- HOW:** To enter, simply follow the prompt to "opt-in" to the Challenge when presented in the MyZone App, or when you log into myzone.org.



BONUS CHALLENGE!
Play Fitness Bingo with us.
Grab your Bingo Card at the front desk or peakgreatfalls.com.

How to get involved:

Buy a Myzone physical activity belt at the front desk, and receive free entry to the challenge.



myzone.org



Cardio and Strength Tabata Style Workout

Cardiovascular Workout of the Month

Travis Lafountain - Fit Pro



Tabata style - As many reps as possible during the 20 seconds of work.

20 seconds of work. 10 seconds of Rest.
Need: Dumbbells and 20-30 minutes of time.

Squat with Bicep curl
Squat with Shoulder Press
Renegade Rows
Dumbbell Swings
x2

Rest 1-2 minutes.

Squat Jumps
Jumping Lunges
Burpees
Mountain Climbers
x2

Rest 1-2 minutes. Repeat these two sets 2 to 3 times depending on your fitness level.



MONDAY
10-10:30 AM
Peak Little Movers
(ages 3-5) - Haley

4:30-5:15 PM
Peak Fit Kids
(ages 6-12) - Travis

WEDNESDAY
10-10:55 AM
Zumbini
(ages 0-4) - Leslie

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

10:30-11 AM
Peak Little Movers
(ages 3-5) - Haley

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.

ZUMBINI

What: Created by Zumba and BabyFirst, Zumbini is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skill, and emotional development for children ages 0-4, all while creating the ultimate bonding experience for you and your child. Kids must have at least one adult family member participating in the class with them.



THINNER WINNER

**A NEW YEAR...A NEW YOU..
A NEW MINDSET!**

JANUARY 15 - FEBRUARY 24
Help Great Falls Lose 2,000 POUNDS!!
Join for the chance to win \$1000!!!

Tired of being tired? Sick of being unmotivated? Unhappy with your size or shape? Do you want to get fit and lean? Do you desire to live happier and healthier?

THE SOLUTION?

THE THINNER WINNER CONTEST!

TAKE THE MONEY & RUN!!!!

For full details, visit peakgreatfalls.com, email shanda@peakgreatfalls.com or call 727.7325.



DID YOU KNOW?



You can use your **Health Savings Account (HSA)** to pay for personal training if you have a diagnosis for weight loss treatment (restrictions apply if it is for improvement of appearance, general health or sense of well-being), hypertension or heart disease and receive a prescription for exercise from your physician!

**Reference publication 502 (2021) Category #15002Q Department of the Treasury Internal Revenue Service.*



WINTER HOURS ARE NOW IN EFFECT

Club Hours

Monday - Friday
5 AM - 10 PM

Saturday - Sunday
6 AM - 9 PM

Treehouse Hours

Monday - Thursday
8:30 AM - 1 PM | 4 - 7 PM

Friday
8:30 AM - 1 PM

Saturday
8 AM - 12 PM

WEST BANK LANDING HOURS REMAIN THE SAME

2022 Holiday Hours

Thanksgiving | November 24 | 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