



# NEWSLETTER

December 2023

Making Lives Better Through Fitness & Wellness



### **Holiday Hours**

Check out our holiday hours for the remainder of 2023.

**Page 2**

### **Health & Wellness Quest**

A new and improved version of our new year fitness program!

**Pages 6-7**

### **Small Group Training**

Experience the benefits of group fitness and personal training at the same time!

**Page 5 & 11**

# DECEMBER

# Holiday Hours

## **CHRISTMAS EVE - Sunday, Dec. 24**

**Peak Main: 6:00am - 2:00pm**

Treehouse: Closed

Group Fitness classes canceled.

**Peak West Bank: 7:00am - 2:00pm**

## **CHRISTMAS DAY - Monday, Dec. 25**

**Peak Main: Closed**

**Peak West Bank: Closed**

## **NEW YEAR'S EVE - Sunday, Dec. 31**

**Peak Main: 6:00am - 2:00pm**

Treehouse: Closed

Group Fitness classes canceled.

**Peak West Bank: 7:00am - 2:00pm**

## **NEW YEAR'S DAY - Monday, Jan. 1**

**Peak Main: 5:00am - 2:00pm**

Treehouse: Closed

8:45-9:45am - Cycle (Anita)

10:00-10:45am - BODYPUMP (Travis)

11:00-11:45am - BODYBALANCE (Katrina & Kristin)

All other group classes canceled.

**Peak West Bank: 5:00am - 2:00pm**

9:00-11:00am - Cycle (Kolten)

11:00-11:50am - HIIT (Carley)

12:00-1:00pm - Strength Training (Michelle)

All other group classes canceled.



*Happy Holidays!*







# The Peak Got its Gifts Early!

## Fit Pro Tip of the Month

*Beth Munsterteiger - Fit Pro*

The Peak has many new gifts to share and hopefully many of you have had opportunities to use them. I am talking about the recent renovation that added an energetic atmosphere and new look on the fitness floor and the many new and up to date resistance machines, free weights, and Quincy Functional System.

The new **Matrix resistance machines** include an up-to-date design to help target specific muscles safely and effectively.

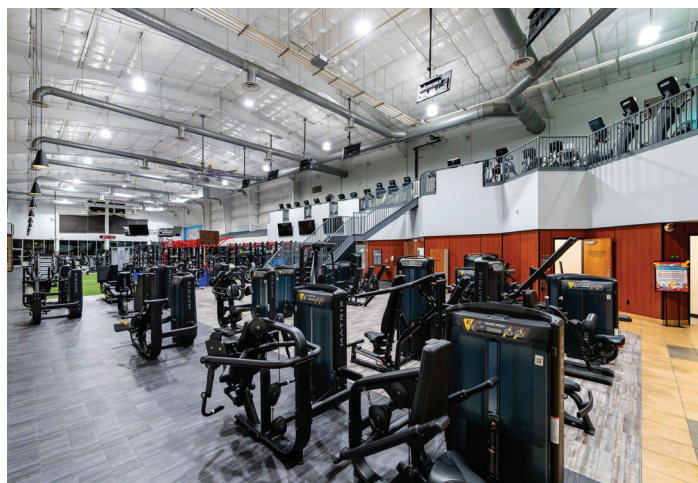
The new **free weight** area has a strong, bold look that challenges users to reach their potential.

The **Quincy Functional System** allows users to expand their imagination and try new and familiar exercises. The system works well for all ages.



As a Peak Fit Pro that has been here since the Peak opened March 2002, I am very excited and have enjoyed learning about the new machines. As well as trying all the new machines and I welcome the challenge to expand my knowledge and the opportunities they open for my clients. I encourage everyone to try the many new machines. If you have any questions, we have Fit Pro's who are out on the floor just for our members to ask questions and demonstrate the new equipment. The hours are posted on the fitness floor.

I am thankful for the new look and all the new equipment. I have had the best job these last 21 years and enjoy walking into work every day because of who I work for and working with all the Peak staff and all my clients. I give thanks and feel very blessed!





# West Bank Update

## SATURDAY CLASSES

AT THE PEAK WEST BANK LANDING

	8:00-8:50AM	9:00-9:50AM	10:00-10:30AM	11:00-11:50AM
DEC. 2 <sup>ND</sup>	HIIT Mix - Sandra (North Studio)	BODYBALANCE - Katrina (South Studio)	STRENGTH TECHNIQUE: Deadlift - Crystal (South Studio)	BODYCOMBAT - Crystal (South Studio)
DEC. 9 <sup>TH</sup>	HIIT Mix - Meredith (North Studio) Sunrise & Sound (South Studio)	Vinyasa Yoga - Sage (South Studio)	STRENGTH TECHNIQUE: Chest Press/Fly - Crystal (South Studio)	BODYCOMBAT - Crystal (South Studio)
DEC. 16 <sup>TH</sup>	HIIT Mix - Sandra (North Studio)	BODYBALANCE - Katrina (South Studio)	STRENGTH TECHNIQUE: Combat Moves - Crystal (South Studio)	BODYCOMBAT - Crystal (South Studio)
DEC. 23 <sup>RD</sup>	HIIT Mix - Sandra (North Studio)	Vinyasa Yoga - Sage (South Studio)	STRENGTH TECHNIQUE: Triceps - Crystal (South Studio)	BODYCOMBAT - Crystal (South Studio)
DEC. 30 <sup>TH</sup>	HIIT Mix - Sandra (North Studio)	BODYBALANCE - Katrina (South Studio)	STRENGTH TECHNIQUE: Clean & Press - Crystal (South Studio)	BODYCOMBAT - Crystal (South Studio)

Mind-Body classes are here to keep you feeling **balanced!**



## Mind-Body Classes

### DECEMBER

- MONDAYS** 1:15PM BODYBALANCE - Kristin **NEW!**
- TUESDAYS** 9:00AM Vinyasa Yoga - Sage
- WEDNESDAYS** 1:15PM BODYBALANCE - Kristin **NEW!**  
5:30PM BODYBALANCE - Katrina
- THURSDAYS** 9:00AM Vinyasa Yoga - Sage  
4:30PM BODYBALANCE - Katrina
- SATURDAYS** 9:00AM Rotating Class/Instructor





# JOIN THE MÜV-MENT

**FREE CLASSES ALL DECEMBER!**

## MÜV Small Group Training

- Individualized Coaching
- Small Group Classes
- Endurance Building Classes
- Strength Training
- Cardiovascular-Focused Classes

SCHEDULE	
<b>Monday</b>	5:30-6:30 PM
<b>Tuesday</b>	5:05-6:00 AM 8:45-9:45 AM 12:00-12:45 PM
<b>Wednesday</b>	6:00-7:00 AM
<b>Thursday</b>	5:05-6:00 AM 8:45-9:45 AM 5:30-6:30 PM
<b>Friday</b>	12:00-12:45 PM

**PRE-SALE:** \$29/month for LIFE! (Reg: \$39/mo.)  
*\*Ends January 31, 2024*

# Health & Wellness QUEST



*Take a journey to elevate  
your fitness and quality of life!*

**January 15 - February 23, 2024**

*Dream of moving with ease?  
Tired of being tired?  
Need to be held accountable?  
Want to improve your mind and body?  
Desire to live happier and healthier?*

**The solution?  
The Health & Wellness Quest!**



**6 Week Program - Team up and compete for a  
\$1,000 CASH PRIZE!**

*See other side of flyer for details!*

Visit [www.peakgreatfalls.com](http://www.peakgreatfalls.com) or call (406) 468-7365  
to review the rules and to download an application!







## Who can enter?

Teams of 4-6 people age 14 or older interested in losing weight and inches, gaining mobility, and having fun! Those that are not members of the Peak are also encouraged to participate. Get one non-member to join your team and get \$5 off team registration!

## How does it work?

Each team member will receive 6-week access to the Peak and all group fitness classes, health and nutrition tips, workout videos, and a personalized food plan. Participants will also receive support from Peak coaches and access to our private Facebook group for accountability and motivation!

## Why should I enter?

This contest is constructed to ensure that hard-working participants see the results they desire. Participants are also competing to win CASH. The team that shows the highest percentage of change and increases the greatest percentage of mobility will win \$1,000! Individual prizes will also be given to men and women who show the greatest amount of body fat lost, most muscle gained, and most increased mobility.

## When does the contest take place?

- |                        |   |
|------------------------|---|
| Friday, January 12:    | All participants will complete a body composition assessment using InBody between 5:00am and 7:00pm.                                    |
| Monday, January 15:    | The contest officially kicks off at 6:00pm at Peak Main's gymnasium!  |
| Thursday, February 22: | Final InBody assessments will take place between 5:00am and 7:00pm.   |
| Friday, February 23:   | Participants will celebrate their hard work with a party from 5:30-6:30pm! We will share results, reveal winners, and give away prizes! |

## Where is everything located?

The kickoff and wrap-up party will take place at Peak Main and group workouts will take place at both of our Peak Great Falls locations (see addressed below). But you can workout anytime, anywhere!

## Sign me up! How do I enter?

Visit [www.peakgreatfalls.com](http://www.peakgreatfalls.com) to view the full rules and download an application! The cost to enter is \$79 per member and \$139 per non-member. Team Captains must provide full payment at registration.

Peak Health & Wellness Center - 1800 Benefis Court, Great Falls, MT - (406) 727-7325  
Peak West Bank Landing - 401 3rd St NW, Great Falls, MT - (406) 604-4334  
[www.peakgreatfalls.com](http://www.peakgreatfalls.com)





# The Workout that Keeps On Giving

## Cardiovascular Workout of the Month

*Kyle Bourg-Bartell - Fit Pro*

Hey everyone, here's a "giving" cardio workout for you all! It's a *giving* workout because it keeps on giving you gains in that cardiovascular system of yours!

First starting off with a few **dynamic stretches**:

1. Walking Frankensteins
2. Walking chickens
3. Walking lunges
4. Walking high knee pulls
5. Gate openers
6. Gate closes
7. Side lunges

Next, everyone lines up for some fun! Designate a start and end point (preferably at least 20 yards or about 60 feet).

Now it's race time! There are 5 different races you can try.

**Snow Angel Race** - Lay down, draw your angel, then get up and put the bottom of your feet just above the head of your first one.

**Elf Hop Hustle** - Like frog jumps. (It goes by various names!) Squat down low and hop as far as you can, always returning to the squat!

**Polar Bear Dash** - For this race you run on you hands and feet! You race in a bear crawl to see who can get there first. You're not trying to hurt your opponents, but an occasional side check may happen, so just be careful!

**Christmas Dinner Challenge** - This is like a crab walk, but imagine you're a table holding Christmas dinner on your abs. Engage the core, your face up to the ceiling, heels planted and hands behind you creating a table like surface. Now hold and walk- if you drop your core (or spill your dinner), you have to start over at the beginning of this race. First one to win get a head start in the last race!!

**The Santa Sprint** - The Santa sprints are different because they are a 6-round sprint.

1. Sprint down your designated distance and do 5 burpees.
2. Sprint back do 10 squats.
3. Sprint down do 15 jumping Jack's.
4. Sprint back do 20 jump squats.
5. Sprint down spin 10 times one direction.
6. Sprint back do 5 count them 5 push-ups.

First one done wins the gift of good cardio - the gift that keeps on giving!







# Wellness Into the New Year

## Wellness Tip of the Month

Travis Lafountain - Fit Pro

What is wellness? How do we achieve it?

Let's check Webster's Dictionary.

### What:

*Wellness: the quality or state of being in good health especially as an actively sought goal*

### How:

Right below the definition, I saw the word used in a sentence; it read:  
*Examples of wellness in a sentence: Daily exercise is proven to promote wellness.*

That's a start, right? It says that it's a quality, or state of being in good health as an actively sought goal, and their example states that exercise is proven to promote wellness. If you're reading this article, there's a good chance you're more than remotely interested in wellness and how that relates to you. Without making the answer too complicated, let's revisit the bold text above.

**An actively sought goal** - This means that wellness is something you must seek, plan for, and take actions to achieve. Wellness is the immovable object. It's your job to move toward it.

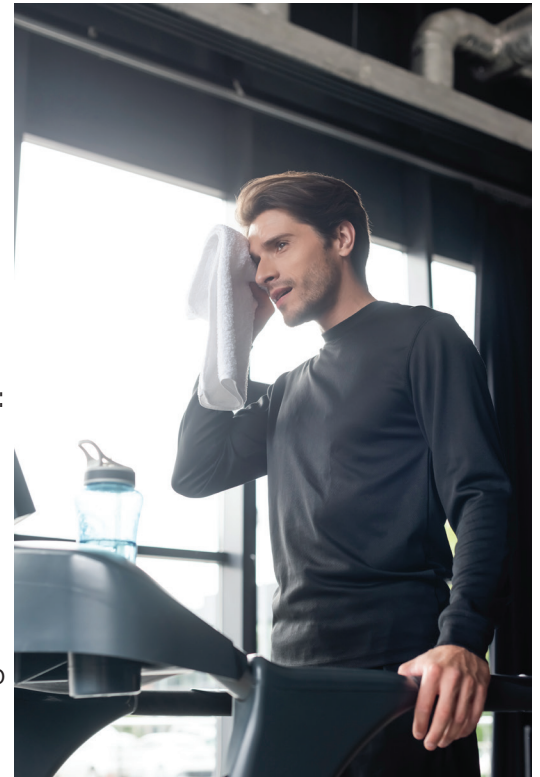
Exercise is proven to promote wellness - Whether it's walking or heavy resistance training, there's a benefit that comes with various forms of exercise. I tell my clients and classes that it seems like the only con to exercising is that it's hard. We rarely FEEL like it, right? What if I told you there's a pill that makes your bones stronger, increases your lean muscle mass, improves joint strength, improves your mood, improves your sleep, increases circulation, makes you stronger, and lowers your overall mortality rate significantly? Interested? It's not that expensive, but it does take a few hours a week to administer the dosage. Lifting heavy things 2-3 times a week is that pill. The downside? It's hard.

My mission is to help people realize that doing hard things on purpose makes everyday life easier, and doing easy things every day on purpose makes everyday life harder. Your body acclimates to easy and it acclimates to hard. If you get accustomed to sitting all day and only moving when you have to, there will come a day when simply standing becomes difficult.

Exercise is only one of many ways to seek wellness. Other notable examples would be: Regular good sleeping habits, staying hydrated, eating whole natural foods consistently, or forming good healthy relationships.

A wise man once said: "Seek and you will find, knock and the door will be opened to you."

Don't just read about wellness, seek wellness.



# Programs & Challenges

## SELF DEFENSE

2 Classes: Dec. 22 & Dec. 29  
6:00 - 8:00PM



YOUR TRAINER:  
**DON JOHNSON**

NGA Certified  
Personal Trainer  
5th Degree Black Belt  
Martial Artist

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

myzone

## RALLY YOUR MOTIVATION.

**November 23 - January 3**

Earn **2,000 MEPS** to gain  
entry into the prize drawing.

**Additional prizes  
throughout the challenge-  
stay tuned through  
the MyZone App!**







# Pilates

## Small Group Training

*Get more out of your core training with Pilates equipment sessions!*

Pilates Equipment Small Group Training is specialized to living in Montana. Led by Balanced Body instructors, you will gain full body strength and body awareness allowing you to explore Montana and do your day-to-day activities with more confidence. For ages 14 and up.

Members: \$49.99/month | Guests: \$69.99/month

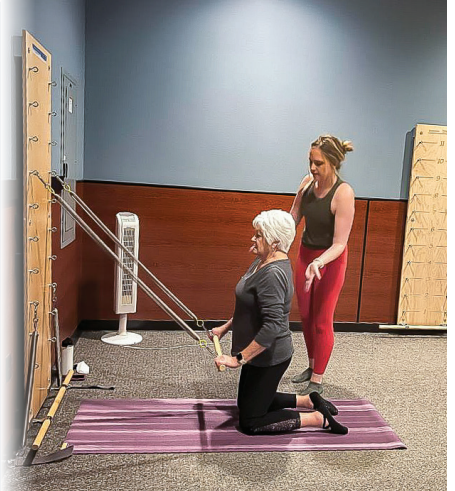
**Find out if small group training is right for you!**

Contact Shanda to get started:  
[shanda@peakgreatfalls.com](mailto:shanda@peakgreatfalls.com)



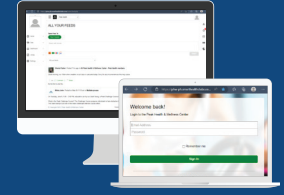
### Pilates Equipment SGT Schedule

	MONDAY	WEDNESDAY	THURSDAY
11:00 AM - 12:00 PM			<b>Pilates Equipment</b> Jen
12:05 AM - 12:55 PM	<b>Pilates Equipment</b> Jen	<b>Springboard</b> Jamie	





# THE PEAK APP



**Check In**  
**Book Classes & Events**  
**Track Workouts**  
**Stay Informed & Notified**  
 ... and more!



**Scan the QR code to download now!**



**Questions? See a staff member for help!**

# 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**

## *2023-2024 Holiday Hours*

Christmas Eve, December 24 | Main 6 AM - 2 PM ; & WBL 7 AM - 2 PM

Christmas Day, December 25 | Main & WBL Closed

New Year's Eve, December 31 | Main 6 AM - 2 PM ; & WBL 7 AM - 2 PM

New Year's Eve, January 1 | Main & WBL 5 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