



# NEWSLETTER

July 2023

Making Lives Better Through Fitness & Wellness

## National Parks & Recreation Month



### Peak-to-Peak 5K Fun Run

Join our first ever fun run on July 22!  
Celebrating Nat'l Parks & Rec Month.

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### Self Defense with Don

Learn the art of self protection with Peak  
Fit Pro and black belt, Don Johnson.

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### Kids' Camps

Racquetball, basketball, and more.  
Register now!

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**Saturday,  
July 22**

**Warm Up:**

**6:30 AM**

**Race Begins:**

**7:00 AM**



**PEAK**  **-to- PEAK**  
**5K FUN RUN 2023**

***All Ages! Pet Friendly!***

Run, jog, or walk from the Peak Main to the Peak West Bank Landing following local trails! Meet us at the finish line for prizes, food, and more fun!

**FREE!**

**Register  
at the front desk!**

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

# Upcoming Changes at the Peak

Valued Peak Members,

**With great excitement, we would like to announce that we are renovating the fitness floor at the Peak Main location!** The fitness floor at the Peak Main will be closed throughout the duration of renovations. We apologize in advance for any inconveniences around your workouts. We will accommodate the closure by distributing a limited number of fitness equipment pieces and accessories throughout different areas of the facility (see map below), as well as making some items available for check-out. The Peak West Bank Landing will also be available for your traditional strength and cardio workouts.

As well as making some fitness equipment available while the fitness floor is closed, we will continue to fully service you in the following areas at the Peak Main:

- 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
- Treehouse

We will begin preparation for the renovations on Friday, August 11, 2023, with actual renovations beginning the following week. With everything going as planned, we intend to re-open the fitness floor at the end of September. We will be communicating with all our members via social media, e-mail, and text blasts to keep everyone informed.

If you do visit the Peak Main during this time, we encourage you to stop by our Preview Area, where you can enjoy detailed 3D renderings, drawings, etc. of your updated health and wellness home! Members can expect more energy, personality, and identity in our new model.

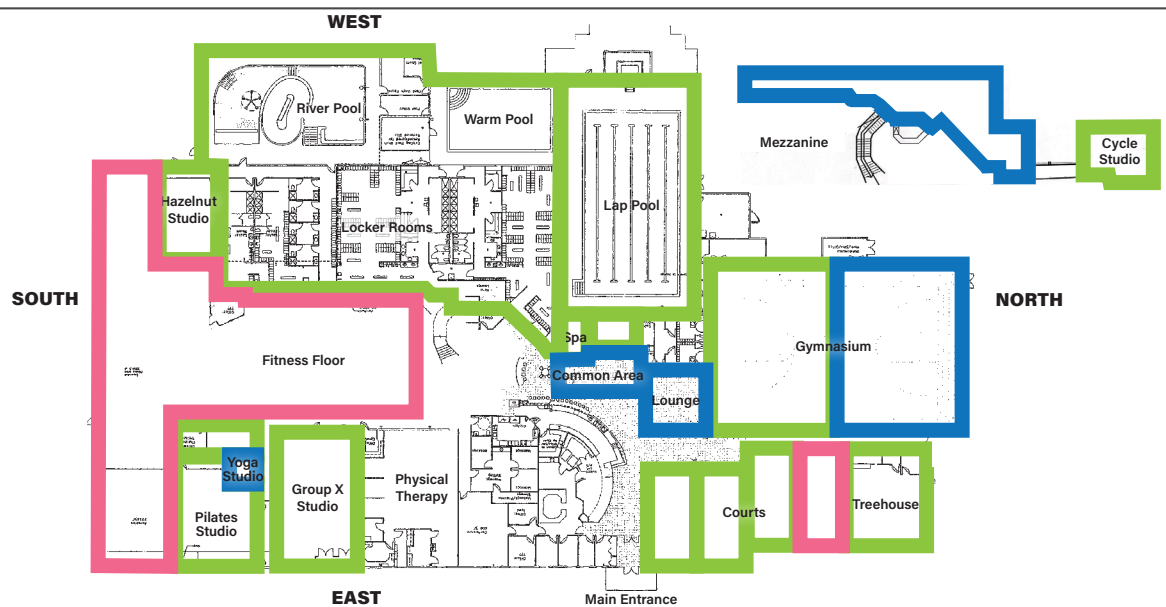
We are hoping these few weeks will be well worth the wait as we modernize the Peak Main with the newest and most current equipment and training methodologies. Our members deserve it!

We greatly appreciate your patience and understanding. Please feel free to contact us with any questions you may have.

Sincerely,

Peak Management & Staff

**Map of Workout Resources available at Peak Main throughout Renovations**



<b>KEY</b>	<span style="color: blue;">■</span> Additional Resources for Workouts
	<span style="color: green;">■</span> No Changes / Regular Scheduled Programming
	<span style="color: pink;">■</span> Closed for Renovation-Related Activities

<b>Lounge:</b> Free Weights	<b>Yoga Studio:</b>
<b>Common Area:</b>	• Medicine Balls
• MTS Hammer Strength	• Stability Balls
• Kinesis	<b>Mezzanine:</b>
<b>Gymnasium Half Court:</b> Cardio	• Functional Training Unit
	• Cardio



# Working Out for a Strong Mind

## Wellness Tip of the Month

Charla Brearley - Fit Pro

It may be obvious that stress clouds our ability to think with sound judgment, focus on the task(s) at hand, or control our emotions thus affecting our brains function. In fact, when we are experiencing more stress our bodies produce a chemical cocktail of hormones that often have no immediate outlet, leaving us feeling irritable, angry, and/or depressed. Attacking all six dimensions of our personal wellness (emotional, occupational, physical, social, intellectual and spiritual). Making yourself and your health a priority and allowing an outlet can lead to life longevity and a stronger, healthier brain. Aerobic exercise promotes proper brain function allowing you to think more clearly, and stay focused longer.

So when you are wanting to skip your workout for whatever reason, remember this: "Working out does more than build a stronger body; it builds a stronger brain as well."



# West Bank Update

## SATURDAY CLASSES AT THE PEAK WEST BANK LANDING

### JULY

<b>JULY 1<sup>ST</sup></b>	8:00 - 8:50AM	HIIT Mix w/ Meredith (NORTH STUDIO)
	9:00 - 9:50AM	Yoga & Mimosas w/ Sage (EAST PATIO)
<b>JULY 8<sup>TH</sup></b>	8:00 - 8:50AM	BODYPUMP w/ Desiree (SOUTH STUDIO)
	9:00 - 9:50AM	BODYBALANCE w/ Katrina (SOUTH STUDIO)
<b>JULY 15<sup>TH</sup></b>	8:00 - 8:50AM	HIIT Mix w/ Sandra (NORTH STUDIO)
	9:30 - 11:00AM	Vinyasa Yoga w/ Sage (NORTH STUDIO)
<b>JULY 22<sup>ND</sup></b>	8:00 - 8:50AM	BODYPUMP w/ Katrina (SOUTH STUDIO)
	9:00 - 9:50AM	Vinyasa Yoga w/ Sage (SOUTH STUDIO)
<b>JULY 29<sup>TH</sup></b>	8:00 - 8:50AM	HIIT Mix w/ Carley (NORTH STUDIO)
	9:00 - 9:50AM	BODYBALANCE w/ Katrina (SOUTH STUDIO)



# Full-Body Cardio for Summer Fun

## Cardiovascular Workout of the Month

Tabitha Bury - Fit Pro

This cardio workout will be sure to keep you in tip-top shape for all of your favorite summer activities!

Warm up with 20 seconds of each:

1. Butt-Kickers
2. High Knees
3. Inchworms

Complete each exercise for 20 seconds with 10-15 seconds of rest in between each. Complete the full circuit and then rest for 1-2 minutes before restarting. Complete the circuit up to 4 times.

4. Jump Rope
5. Mountain Climbers
6. Ball-Toe Taps
7. Overhead Ball Slam
8. Skaters
9. Squat Jump
10. Shadowboxing



\*Short rest periods will be sure to keep your heart rate elevated!

## EXERCISES OF THE MONTH

### GENERAL MOUNTAIN CLIMBERS



### YOGA KING PIGEON



### PILATES SAW



**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.



# What's Your Favorite Squat?

## Fit Pro Tip of the Month

Kyle Bourg-Bartell - Fit Pro

Hey ladies and gents! There are multiple variations of squats and some are preferred over others. That is for you to decide though, so I encourage you to try all the different variations once at least!

The four variations im going to talk about are:

1. **Back Squat**
2. **Front Squat**
3. **Goblet Squat**
4. **Sumo Squat**

### Back Squat



Nothing hits the full compound movement of a squat quite like a back squat does! To perform the back squat, you want to first walk up to the bar and find your hand placement. (I like to run my ring finger on the smooth ring on the barbell.) Next, I station the bar on my back, squeezing shoulder blades almost as if I'm holding a pencil between them, creating a "shelf" where the bar rests just across the upper traps. After that, unrack the bar, and line your feet up on railroad tracks shoulder with apart. Engage our core to simulate bracing your mid section. Start to feel the stabilizing abductors and adductors wake up.



Begin to start your descent, keeping a tight back, slowing the weight down, feeling your hamstrings and glutes. Engage, reaching a parallel femur bone to the ground. Remember to keep the weight in your heels! Lastly, engage the drive in the muscles, forcing the contractions in the glutes, quads, and hamstrings.

***Well done, you've completed a Back Squat!***

### Front Squat



Front Squat oh Front Squat, what a better way to train the front side of the Squat form! To perform the front Squat, first walk up to the bar, finding the equal distance from each side or the middle. Use one of two grips to hold the bar: First grip is to grab the bar shoulder width or slightly wider and rotate it, driving your elbow underneath and up, sitting in a newly made pocket. Second grip is to use your front delts to create a pocket for the bar to sit behind as you cross your arms holding opposite shoulders. Remember to keep the elbow up high in the sky!



Brace that core and begin to squat, bringing that squat down to parallel. Once parallel, begin to drive up and engage the muscles.

***Congratulations, you have completed the Front Squat!***

## Goblet Squat (elevated heels)



Let's get fired up in the quads for the next time you need to lift a 100 lb chalice! To perform a Goblet Squat, first grab a plate to elevate your heels. (The plate under your heels is to increase hip and knee flexibility/ range of motion, to help with poor ankle mobility, and help with quad stress. Use whatever you're comfortable with. I use a bumper plate!) Next, place the plate. Now, grab a dumbbell or kettlebell, whatever is available for you! Put your heels on the plate at a 45 degree angle from each other, holding the weight center mass. Take a deep breath and brace your core.



Begin to squat keeping your chest up, letting the weight move in a straight line up and down. Remember to keep the knees close to each other! Whoa whoa whoa slow down! Yes the slower you go on this the better. Feel the muscle fibers in your quad being stretched until you've hit parallel. Almost done! Begin to drive through the center of your foot and engage your quad, keeping the path straight.

***You're a ROCKSTAR, you just completed the Goblet Squat!***

## Sumo Squat



I'm gonna feel that in my glutes later! To perform a Sumo Squat, first line up on a line, feet rotated out at a 45 degree angle, feet are slightly wider than shoulder width. Next, grab a dumbbell or kettlebell. Hold the weight in the middle of the body (if using a Kettlebell, I use two fingers per hand to hold weight, letting the weight pull straight down.) Don't forget to brace that core!



Begin to squat, pushing your knees out over your toes, feeling the adductors stretch. Come down to a parallel in the femurs or quads. Last drive, squeezing through the glutes and adductors, keeping the weights positioned up and down in a straight line.

***Man you're just killing it out there, you just completed the Sumo Squat!***



## 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!

# Self Defense Series

July 31 & August 1  
5:30PM - 7:30PM

Members: \$35  
Non-Members: \$45



## Knowledge is POWER.

This self-defense series will provide each participant with tools to overcome dangerous encounters, from learning to diffuse situations verbally to how to kick and make a fist when matters escalate.

Participants will walk away from these sessions feeling an increased sense of self-awareness, empowerment, and knowledge.

YOUR TRAINER:  
**DON JOHNSON**

NGA Certified  
Personal Trainer

5th Degree Black Belt  
Martial Artist

**(406) 727-7325**  
[www.peakgreatfalls.com](http://www.peakgreatfalls.com)



# 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

**Congratulations to Stephanie, Renee, Katie, Bridgit, and Hayle** on winning our prize drawing for June's MyZone Turn Up The Heat Challenge!

**Thank you Scheels, Brush Crazy, and Albertsons** for providing our MyZone Turn Up the Heat prizes!

**It's not too late to step up to the challenge- Earn MEPs for a chance to win!**

**JULY: Sizzlin' Summer!** Earn 1800 MEPs to enter!

**AUGUST: Beat the Heat!** Earn 2000 MEPs to enter!

Get your belt. Earn the points. Meet the challenge. **See the Front Desk to purchase a MyZone belt!**



**BONUS PRIZE!**

**COMPLETE ALL 3 CHALLENGES TO BE ENTERED INTO A SPECIAL 2ND PRIZE DRAWING!**

# Kids' Camps at the Peak!

1800 Benefis Ct, Great Falls, MT 59405  
www.peakgreatfalls.com



## KIDS

Ages  
6-13

### Racquetball Camp

Saturday, July 15 ~ 9:00AM - 12:00PM

- Fundamental Skill Development
- Competitive Drills
- Individualized Attention
- Fun, Energetic, & Professional

Members: \$20    Guests: \$30

Sign up at the Front Desk!



### YOUR COACHES:

**JC Isakson**  
University of Providence Men's Head Basketball Coach

**Dean McFadden**  
Professional Basketball Player (Argentina & CBA)

**JULY 17**  
&  
**JULY 18**

**Grades K-2<sup>nd</sup>** - 10:00AM - 12:00PM  
**Grades 3<sup>rd</sup>-5<sup>th</sup>** - 1:00PM - 3:00PM  
**Grades 6<sup>th</sup>-8<sup>th</sup>** - 4:00PM - 6:00PM

**MEMBERS: \$50**

**GUESTS: \$60**

- Individual Attention
- Fundamentals & Advanced Skill Development
- Competitive Drills & Games
- Team Basketball Concepts
- Fun, Energetic, & Professional

Register Today! (406) 727-7325

shanda@peakgreatfalls.com  
www.peakgreatfalls.com



## SUMMER KIDS Camp

### Grades 1 - 6 (Rising)

Slip-N-Slide      Pool Games  
Fitness      Water Balloons  
Water Kick-Ball      ... and more!

### 3 Sessions!

Half Days,      • June 26 - 29  
Mon - Thu      • July 24 - 27  
1:00-5:30 PM      • Aug 14 - 17

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

**SIGN UP NOW!**

# Medicare 101



## July 19th 12pm

Humana®

At Peak Health and Wellness Center

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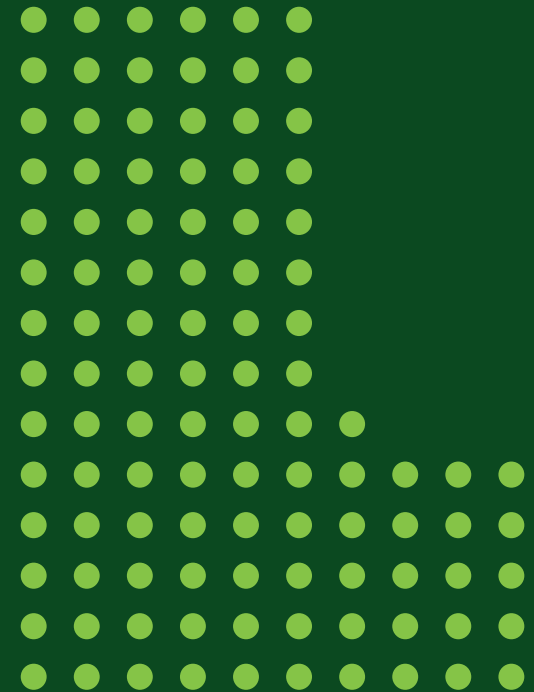
**STEVE BLANCHARD**  
Licensed Sales Agent

**406-698-5761 (TTY: 711)**

SBLANCHARD2@HUMANA.COM

Monday – Friday, 8 a.m. – 5 p.m.

<https://www.facebook.com/SteveBlanchard.MT>



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



**BLS**  
Basic Life Support

### HeartSaver CPR/AED Certification | \$65 July 25 at 4:00 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

### MONDAYS & FRIDAYS

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

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

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

### 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.

## 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