



NEWSLETTER

June 2023

Making Lives Better Through Fitness & Wellness



Professional Wellness Month

What's Happening This Month

Giant Swing for Educators,
Bend & Brew, & ProShop Sale!

pg 2

Peak App Online Bookings

Learn how to log in and sign up for
classes in the Peak App!

pg 7

Kids Camp

Wet N' Wild Kids Camp is back this
summer- register now!

pg 9

What's Happening This Month?

Educators can try our Giant Swing, a Challenge Course staple, in celebration of a great school year!

SWING out of the School Year!

**Tuesday, June 6,
1:00-3:00 PM**

Teachers: Call to sign up! (406) 727-7325



**BEND
& BREW**



Summer Solstice

Wed, June 21, 6:30 - 8:00 pm

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

**FREE for
Members &
Guests
21 and up**

Celebrate **International Yoga Day** on the longest day of the year (with yoga and beer)! All levels are welcome.

Lauren Dunne and **Sage Guinn** will lead a meditative practice that connects the body, the mind, and the universe.



Space is limited! Sign up in the **Peak App** or go to peakgreatfalls.com/events.

Scan the QR code to download the app!

1800 Benefis Court, Great Falls, MT 59405

**Father's Day
SALE!**

**10%
OFF**

**CLOTHING
AT THE
PEAK PROSHOP**

JUNE 18 - 24





Taking the Lead on Your Family's Health

Fit Pro Tip of the Month

Travis Lafountain - Fit Pro

Calling all Dads!

This month on June 18th we celebrate you! This month I wanted to express the importance of healthy dads in the family and provide a few tips to keep you in tip-top shape for many more years to come. The state of affairs in our nation should serve as a reminder that we need strong healthy dads more than ever. Our kids are looking up to us to be an example and they are surely watching and listening. Your actions, your words, and how you live your life are teaching them, whether you think so or not. What you allow and what you do, you teach. So:



Make your diet a priority – Most acute and chronic illnesses are caused by what you're eating. A diet rich in natural foods like fruits, vegetables, and meats, and herbs will drastically lower your chances of disease.

Make exercise as a family a priority – Obesity is one of the fastest growing problems in our country. This is due to poor diet decisions and lack of exercise. Take the leadership role and plan activities or games that will get your family moving and having fun together, even if it's just a walk together!

Lead by example – Be conscious of your leisure activities and reflect on what you're doing. If you'd like to see your kids on screens less, play outdoors more. Or if you'd like to see them eating right, you must first take the initiative and do it yourself.

Not everything is within your control when it comes to living long and prospering, but some things are. Take the lead role and prioritize your family's fitness and health!



Hawaiian Shirt Fridays!

Starting the first Friday in June!

Rock your favorite tropical themed shirt **every Friday** at the Peak.

Both staff AND members are encouraged to participate!



Manage Your Workplace Wellness

Wellness Tip of the Month

Jamie Brook - Fit Pro

A majority of our population spends 30-40 hours a week working in an office. With so much time spent in the workplace, it is important to keep our physical and mental wellness healthy. Follow these tips to stay up on your workplace wellness.

Stay Hydrated

During the day, many of us are distracted by work tasks that we forget or are just too busy to keep ourselves hydrated. Keep your water bottle with you at all times to remind you to take drinks throughout the day. Hydration doesn't have to just come from drinking water. Pineapple, watermelon, blueberries, pears, grapefruit, cucumber, lettuce and celery have a high percentage of water and are a good snacking option to help with hydration.

Move, Move, Move!

Being sedentary all day can have negative consequences on the body. It's good to break up prolonged sitting with quick activity breaks throughout the day. Every hour take a few minutes to walk, stretch or do light exercises. Opt for a portion of your lunch break to be aimed towards some light activity or schedule walking meetings if possible.

Manage Stress

Everyone has stressors that they must deal with throughout the day, but sometimes work stress can take a major toll on your mental wellness. Find ways to cope with stress throughout the day, such as meditating, kickboxing, yoga, going on walks, journaling, talking with friends or relaxing in a warm bath.

Make a Healthy Lunch Routine

Individuals may have mornings that become so rushed that there is no time for packing a healthy lunch. You may then be faced with making unhealthy meal choices. Meal prepping or making your lunches the night before can help keep you consistent in choosing healthy lunch options. And don't forget about packing your healthy snacks as well!



Healthy Snack Combinations

Try out these snack pairs during your work week:

- Bananas & Nuts
- Celery Sticks & Nut or Seed Butter
- Apple Slices & Goat Cheese
- Fresh Berries & Mint Leaves
- Whole Grain Bread & Avocado Slices
- Fresh Veggies & Hummus/Bean Dip
- Whole Grain Tortillas, Nutter Butter & Fruit



Lower-Body Workout for Hiking

Cardiovascular Workout of the Month

Jen Brown - Fit Pro

Short on time with no opportunity to make it to the gym, but want to stay in shape for your summer hikes? Here is a quick 10-minute workout that will scorch that lower body, and can be done anywhere.

1. Warm up by walking or marching in place for 90 seconds.
2. Lower body circuit - Do each exercise for 90 seconds, before moving to the next exercise, with no break.
 - a. Squats
 - b. Alternating Reverse Lunges
 - c. Alternating Side Lunges
 - d. Eccentric Calf Raises
 - e. Alternating Step-Ups
3. Cool-down and stretch.



To increase intensity, add weights to any or all of the exercises. You can also do 1-3 rounds, depending on your ability and how much time you have.

EXERCISES OF THE MONTH

GENERAL MAN-MAKERS

Demonstrated by Kyle Bourg-Bartell.



YOGA KING PIGEON

Demonstrated by Sage Guinn.



PILATES SPINE STRETCH

Demonstrated by Jen Brown.



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

SATURDAY CLASSES

AT THE PEAK WEST BANK LANDING

JUNE

JUNE 3RD

8:00 - 8:50AM

HIIT Mix w/ Meredith (NORTH STUDIO)

9:00 - 9:50AM

Vinyasa Yoga w/ Sage (SOUTH STUDIO)

JUNE 10TH

8:00 - 8:50AM

HIIT Mix w/ Sandra (NORTH STUDIO)

9:00 - 9:50AM

BODYBALANCE w/ Katrina (SOUTH STUDIO)

JUNE 17TH

8:00 - 8:50AM

HIIT Mix w/ Carley (NORTH STUDIO)

9:30 - 11:00AM

Vinyasa Yoga w/ Sage (NORTH STUDIO)

JUNE 24TH

8:00 - 8:50AM

HIIT Mix w/ Sandra (NORTH STUDIO)

9:00 - 9:50AM

Vinyasa Yoga w/ Sage (SOUTH STUDIO)

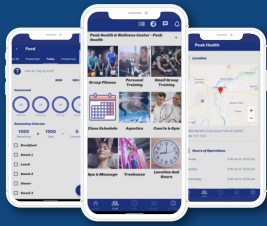


HIIT Mix

with Shauna

**Wednesdays
12:15 - 1:00pm**

Newly added to our weekly schedule!



THE PEAK APP



STARTING MONDAY, JUNE 5: Group Fitness Online Bookings!

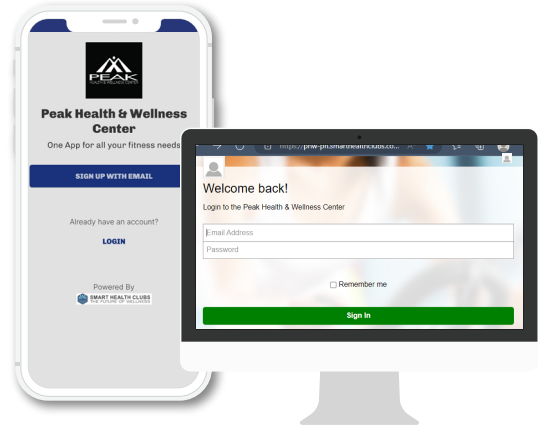
1. OPEN THE APP

The Peak App can be accessed from both mobile devices and desktops! **Scan the QR Code** or visit your app store to download on a mobile device, **or go to phw-ph.smarthealthclubs.com**.



2. LOG IN

If you gave membership your email at sign-up, you already have an account in the app! **Enter the email you gave membership and use the password abcd1234.** (You can reset your password when you are logged in.) Otherwise, make a new account by clicking "SIGN UP."



3. UPDATE YOUR PROFILE

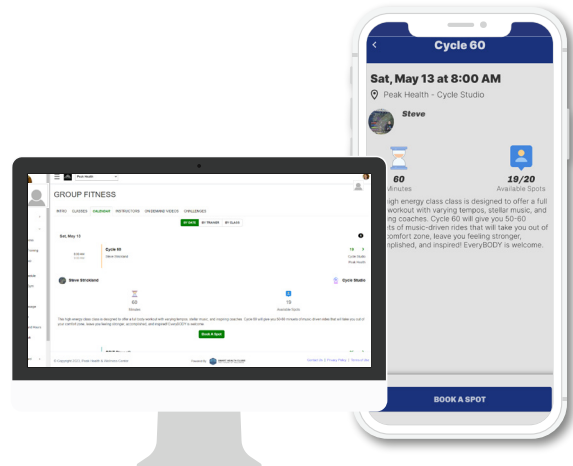
Navigate to the **Home** tab and select **Profile**. From this screen, you may update your profile picture, name, barcode, and other information. Click "DONE" to save your changes!

4. BOOK CLASSES

MOBILE - Club > Class Schedule

DESKTOP - Club > Group Fitness > Calendar

Select the class you wish to take and select "BOOK A SPOT." View and manage your bookings in the **Barcode & Bookings** screen on desktop, or select the barcode symbol in the app!



Questions? See a staff member for help!

myzone® Summer Challenges

JUNE: Turn up the Heat!

Earn 1500 MEPs to be entered into a prize drawing.

JULY: Sizzlin' Summer!

Earn 1800 MEPs to be entered into a prize drawing.

AUGUST: Beat the Heat!

Earn 2000 MEPs to be entered into a prize drawing.

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!**

Summer Time FINE! Small Group Training

*Combining strength and HIIT methods
to help you unlock your ultimate
summer bod!*



**YOUR TRAINER:
TABITHA BURY**

June 12 – July 5

4 Weeks, 8 Sessions
Mon & Wed, 9-10 AM

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

**Call to sign up!
(406) 727-7387**



SUMMER

KIDS Camp



**WET N.
WILD**

3 Sessions!

Mon-Thu
1 - 5:30 PM

Grades 1 - 6 (Rising)

June 26 - 29 | July 24 - 27 | Aug 14 - 17

Slip-N-Slide, Fitness, Water Balloons, Water Kick Ball, Pool Games & More!
Keep those kids active, worn out and outside over the summer with our active days of play! We'll have plenty of wet and wild fun to keep cool on a hot summer day. Games, crafts, fitness, outdoor fun, team building, swimming and lots of wet fun. There will be lots of time spent in the water at this camp.

SIGN UP NOW
Limited Space Available

406.727.7325
www.peakgreatfalls.com

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

Must pre-register and pay \$25 non-refundable deposit for each child signed up for camp. Discounts available for children enrolling into multiple sessions and families enrolling more than one child.



Swim Lessons at the Peak

Upcoming Sessions

June 6 - 29 • July 6 - 27

Session Price

Members: \$45

Non-Members: \$58

Sibling discounts available!

TO REGISTER:

Visit 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.

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

Independence Day | July 4 | 5 AM - 2 PM

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