



NEWSLETTER

May 2023

Making Lives Better Through Fitness & Wellness



Educator Appreciation Month

What's Happening This Month

Activities for hard-working educators and a family workout on Mother's Day!
pg 2

HeartSaver and BLS Certifications

Learn how to save a life or refresh your knowledge in our certification classes.
pg 4

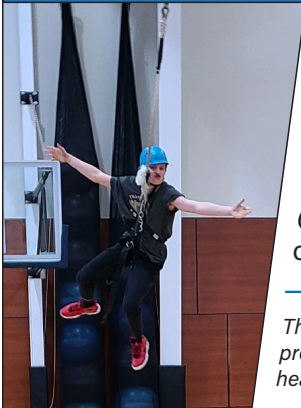
Yoga and Mimosas

A meet-and-greet yoga event with new Peak instructor, Sage!
pg 6

What's Happening This Month?

Educator Appreciation Month

SWING out of the School Year!



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

Educators can try our **Giant Swing**, a staple of the *Peak Challenge Course*, to celebrate a great school year!

The Challenge Course at the Peak prepares individuals to face obstacles head on and overcome limiting beliefs.

**Teachers:
Sign up at the front desk!**

UNWIND THE MIND

A Meditation Workshop
for **Educators**

Sunday,
May 7
12:00-1:30pm



Sign up online!



Mother's Day

PEAK *Mother's Day* Family Workout!



LEMILLE
GRIT

**Sunday,
May 14
1:00pm**

*Class is 30 minutes.
Open to members
ages 6+.

Mother's

Day Sale!

10% Off
Clothing in the ProShop

May 14th - May 20th



Exercise & Mental Health: Getting Started

Fit Pro Tip of the Month

Kristin Klapprodt - Fit Pro

Regular exercise can have a positive impact on your life. Most of us have heard that it can improve sleep, boost your mood, relieve stress, and make us feel stronger. But what if a mental health issue is interfering with your ability to find the motivation to exercise? When you're feeling stressed, anxious, depressed, or have another mental health issue going on, it can make it that much harder to make time for yourself and have the energy to focus on your workout. Here are some ways that may help get you started.

Start Small: Small, achievable goals are far less overwhelming than suddenly shooting for an hour every day. Even if it's 5-10 minutes, you can start there and slowly build over time.

Schedule: Schedule your workout when your energy level is the highest. Maybe you feel best first thing in the morning. Maybe you would prefer something calming before bed. Whenever it is, choose a time that you will be most successful. If you are tired and unmotivated all day, a short 15 minutes of dancing to your favorite music or a short walk can help boost your energy.

Focus on what you enjoy: Exercise does not have to be miserable. Choose activities that leave you feeling accomplished. Spending some time doing house projects, gardening, window shopping, or playing fetch with the dog are all ways of moving more.

Be comfortable: Choose a setting that matches the mood you want. Do you need somewhere peaceful and calm or motivating and high energy? Wear clothes that you feel comfortable in for the activity and place you choose.

Get social: Sometimes having a partner, friend, or one of our Peak trainers can make a world of difference in helping to motivate you to stick to a routine. Those with social anxiety or depression might even gain equal benefits from the companionship as well as the exercise.



CHALLENGE COURSE AT THE PEAK

Let our Challenge Course take you away from your day-to-day and into an environment that enhances your team's effectiveness and builds interpersonal relationships. This specialty program is tailored to **your team** to ensure you get the most out of each activity. Great for schools, offices, athletic teams, church groups, and more!

Are you up for the challenge?

Contact shanda@peakgreatfalls.com to sign up!



Exercise and Overall Health

Wellness Tip of the Month

Beth Munsterteiger- Fit Pro

"I feel better leaving than I did coming" is a common remark I often hear at the Peak after clients and members workout. They feel refreshed, sharper, energized and mentally upbeat. Research has shown that "exercise stimulates new brain cells, improves overall mental acuity, boosts self-esteem, enhances your quality of sleep, gives you a chance to unplug and focus on your workout, and helps you connect with others." (Benefits of Exercise on Mental Health, ACE Journal 6-7-16 Pete McCall).

Individuals also experience improved self-efficacy. Establishing a regular exercise routine sets people up to succeed in healthy lifestyle behaviors. Health behaviors are top on the list for what motivates people to start and continue an active lifestyle. I have been inspired by clients through the years who have improved their blood pressure, cholesterol, glucose levels, and overall health by working out at the Peak. They see just how important an active lifestyle is and how easy it is to keep the routine going. People feel healthy physically and mentally when they workout.

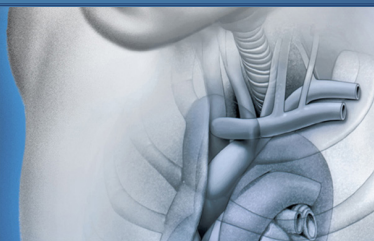
Personally, the extra bonus I get by working at the Peak is I am surrounded by so many people who feel great and share joy and energy with others. It's contagious and one bug that is good to share with others!



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

May 12 at 1:30 PM OR May 23 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.

HeartSaver FIRST AID Certification | \$65

May 11 at 4:00 PM

Basic First Aid is taught and some skills are assessed.

\$100 if CPR & First Aid are taken in the same month. 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.



Cardio As Self Care

Cardiovascular Workout of the Month

Kyle Bourg-Bartell - Fit Pro

To teachers and mothers working hard to raise the next generation, we understand that our mental health is not always prioritized. To find a way to destress so we don't bleed that stress off on to the people we love, we find ourselves in need of an outlet. Well, luckily for us, all we need is a fun cardio workout you can do together or alone, with friends, family, or even a coworker. You can even make it a game to have fun or make it a little competition. Most importantly we need to take a minute to release all the stress away.

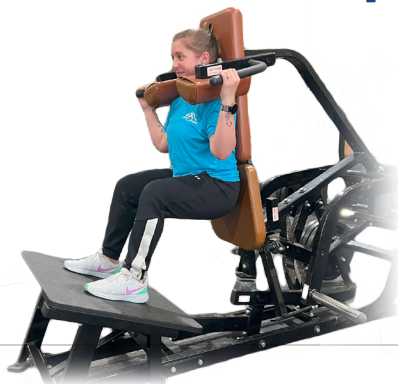


Complete about 4 to 5 rounds of the following exercise:

- 25 meters of Frog Jumps
- 5, 10, 15, 20 meter intervals (Shuttles)
- 25 Squat Jacks
- 20 meters Skater Jumps (bounding or non-bounding)

EXERCISES OF THE MONTH

GENERAL V-SQUAT



Demonstrated by Tabitha Bury.

YOGA DANCER



Demonstrated by Lauren Dunne.

PILATES FROG

Demonstrated by Kelly Herda.



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

MAY

MAY 6TH	8:00 - 8:50AM	HIIT Mix w/ Meredith (NORTH STUDIO)
	9:00 - 9:50AM	Vinyasa Yoga w/ Sage (SOUTH STUDIO)
MAY 13TH	8:00 - 8:50AM	HIIT Mix w/ Travis (NORTH STUDIO)
	9:00 - 9:50AM	Vinyasa Yoga w/ Sage (SOUTH STUDIO)
MAY 20TH	8:00 - 8:50AM	HIIT Mix w/ Sandra (NORTH STUDIO)
	9:30 - 11:00AM	Yoga & Mimosas w/ Sage (NORTH STUDIO)
MAY 27TH	8:00 - 8:50AM	HIIT Mix w/ Sandra (NORTH STUDIO)
	9:00 - 9:50AM	BodyBalance w/ Katrina (SOUTH STUDIO)



with Sage
Saturday, May 20

Members & Non-Members
welcome to attend.

Space is limited-
Sign up online!



9:30 - 10:00am
Meet Sage over Mimosas

10:00 - 11:00 am
Yoga Class

Peak West Bank (North Studio)



Swim Lessons at the Peak

It's never too late to learn how to swim! Our group swim classes are for students of all skill levels, ages 2 years and up. Our program teaches the skills needed to ensure personal water safety while teaching the correct techniques for recreational, athletic and competitive swimming.

Upcoming Sessions

April 4 - 27

• **May 2 - 25**

• **June 6 - 29**

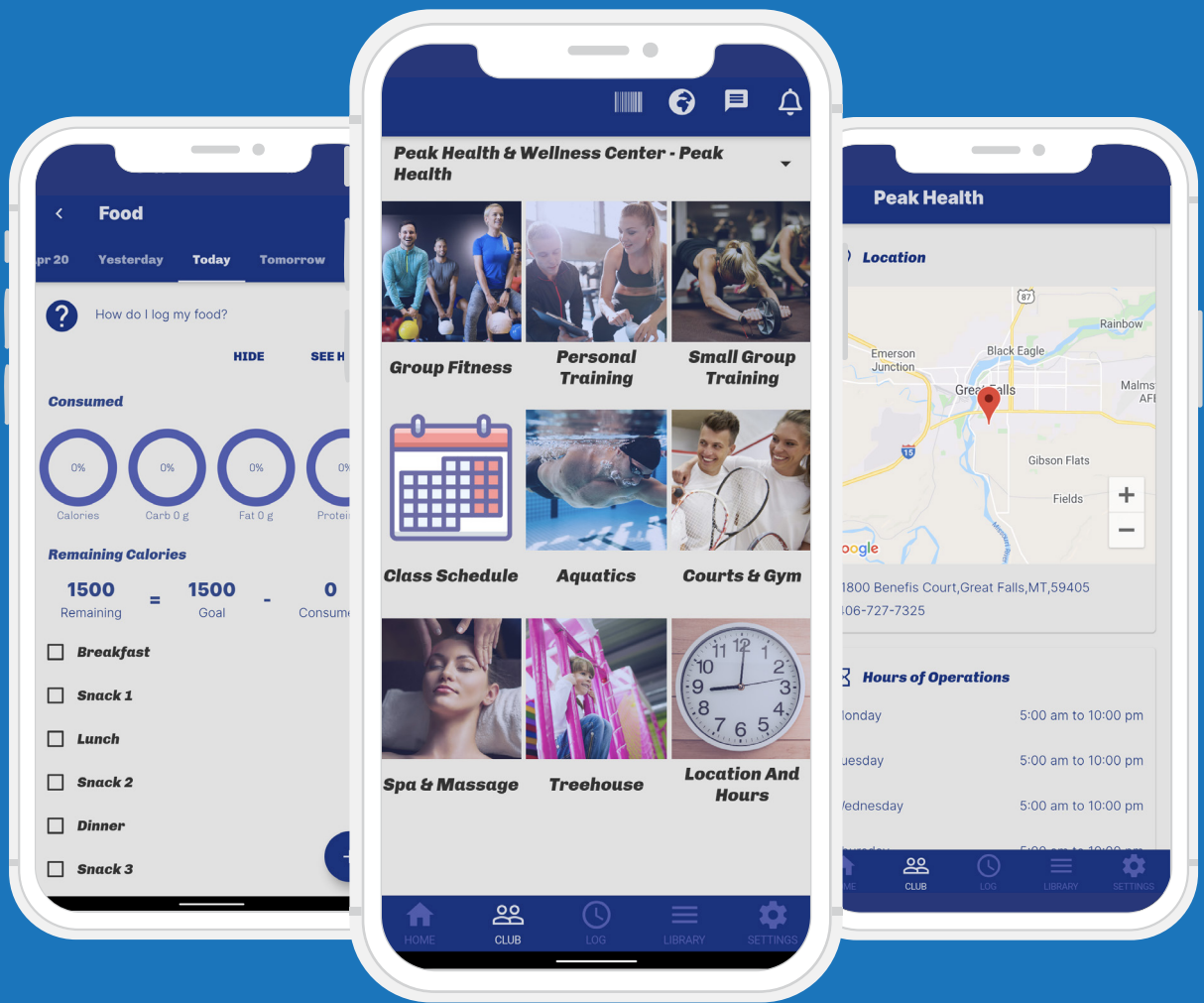
Lessons are held on Tuesdays and Thursdays throughout each session. Morning and afternoon times are available.

Members: \$45 per session • Non-Members: \$58 per session

Sibling discounts available!

TO REGISTER:

Visit www.peakgreatfalls.com and download a registration form!



CHECK OUT THE PEAK APP!

Scan In | Track Workouts | Class Schedules

Improve your gym experience with the Peak App! Check in with a digital barcode, track your workouts, view class schedules, and connect with others. **Scan the QR code and download the app today!**



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



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

Memorial Day | May 29 | 5 AM - 2 PM

Independence Day | July 4 | 6 AM - 2 PM

Labor Day | September 4 | 5 AM - 2 PM

Thanksgiving | November 23 | 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