

NEWSLETTER

November 2022

Making Lives Better Through Fitness & Wellness



Hustle for the Muscle Challenge

Earn MEPs and motivate yourself through the holiday season!

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Thanksgiving Class Schedule

Altered hours and special class schedules for Peak Main & WBL!

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NEW at the Peak

Try out our demo classes and find out what Sprint 8 is all about!

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RALLY YOUR MOTIVATION.

Earn 2000 MEPs between November 25 and January 2 to gain entry into a special prize drawing. Awards will be given for 1st, 2nd and 3rd most MEPs earned.



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 2021 strong! **Extra motivation for participants of Classes for a Cause!**
- 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.



How to get involved:

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



myzone.org



THANKSGIVING

CLASS SCHEDULE



WEDNESDAY, NOVEMBER 23

PEAK MAIN

- 10 AM - AQUAMOTION - LORI
- 11 AM - POWER YOGA - LAUREN D.
- 12 PM - FREESTYLE CYCLE - SHANIA
- 12:15 PM - BODYSTEP - CORTNEY

THURSDAY, NOVEMBER 24

PEAK MAIN

CLOSED

WEST BANK LANDING (Open 7-11AM)

- 8 AM - QUEENAX - MEREDITH
- 9 AM - HIIT - SHANIA
- 10 AM - FREESTYLE CYCLE - SHANIA

FRIDAY, NOVEMBER 25

PEAK MAIN

- 8 AM - BODYPUMP - CARLEY
- 9 AM - BODYSTEP - KATIE F.
- 10 AM - LES MILLS RPM - SUSAN

FREE FOR MEMBERS & NON-MEMBERS!



Don't Skip the Warmup/Cooldown!

Fit Pro Tip of the Month

Leslie Osterman - Fit Pro



Are you looking to start an exercise program to get back into shape and live a healthier lifestyle? An exercise routine may feel time consuming but no matter what type of workout you choose or how busy your schedule is, it's critical that you don't skip warming up before your workout, or cooling down afterwards.

A warm-up and a cool-down both involve doing exercises at a lower intensity and slower pace, which improves your athletic performance, prevents injuries, and helps with recovery from exercise. Warm up activities include light jogging,

or even cycling. Warming up before exercise prepares your cardiovascular system by increasing blood flow to your muscles and raising the temperature of your body. It also helps to lower the risk of getting injured.

Cooling down after your workout aims to gradually bring your heart rate and blood pressure to its normal level- the level it was at prior to exercising. During your workout, your heart rate has been pumping much higher than it does normally, and it's important to ease it back down instead of abruptly stopping all motion. Cooling down also helps to regulate your blood flow. Cooling down exercises (such as stretches) can aid this process of releasing and removing lactic acid, helping to speed up your body's recovery post-workout.

So the next time you are heading to the gym to workout, don't forget to warm up and cool down!

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



Practice Gratitude

Health Coach Tip of the Month

Devorah Werner - Fit Pro



"Gratitude turns what we have into enough." - Anonymous.

November is the perfect month to start a gratitude practice!

When considering a gratitude practice, start where you are. If this is fairly new to you, take small steps to build this muscle. We start off lifting 10 pounds not 100. Gratitude can be small acts of kindness to yourself or others.

Here are some ideas to get you started:

1. Tell someone you love them and how much you appreciate them.
2. Notice the beauty in nature each day.
3. Smile more often.
4. Watch inspiring videos that remind you of the good in the world.
5. Spend quality time with your kids, or your partner.
6. Be thankful when you learn something new.
7. See the growth opportunity in your mistakes.

This month take a few minutes a day to build your gratitude muscle!



Pool Parties at the Peak!

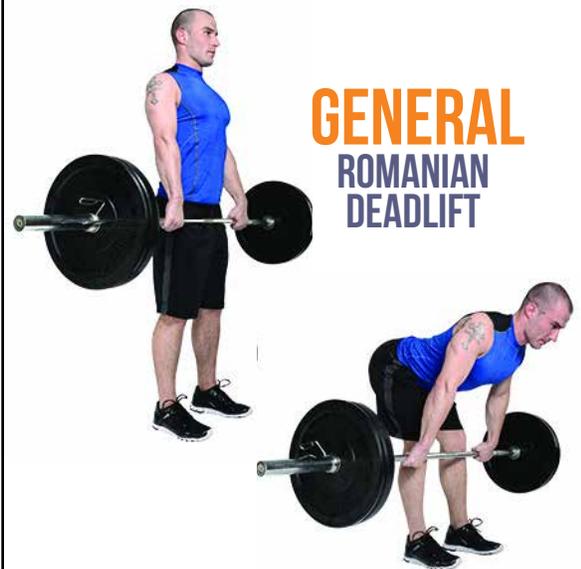
- 15 kids + \$5 for each additional child
- 2-hr use of pools and Hazelnut Studio (chairs & tables provided)

Availability

Saturdays (10 am-12pm | 1-3 pm | 4-6 pm)
Sundays (1-3 pm | 4-6 pm)

Call us at 406.727.7325 for more info!

EXERCISES OF THE MONTH



**GENERAL
ROMANIAN
DEADLIFT**

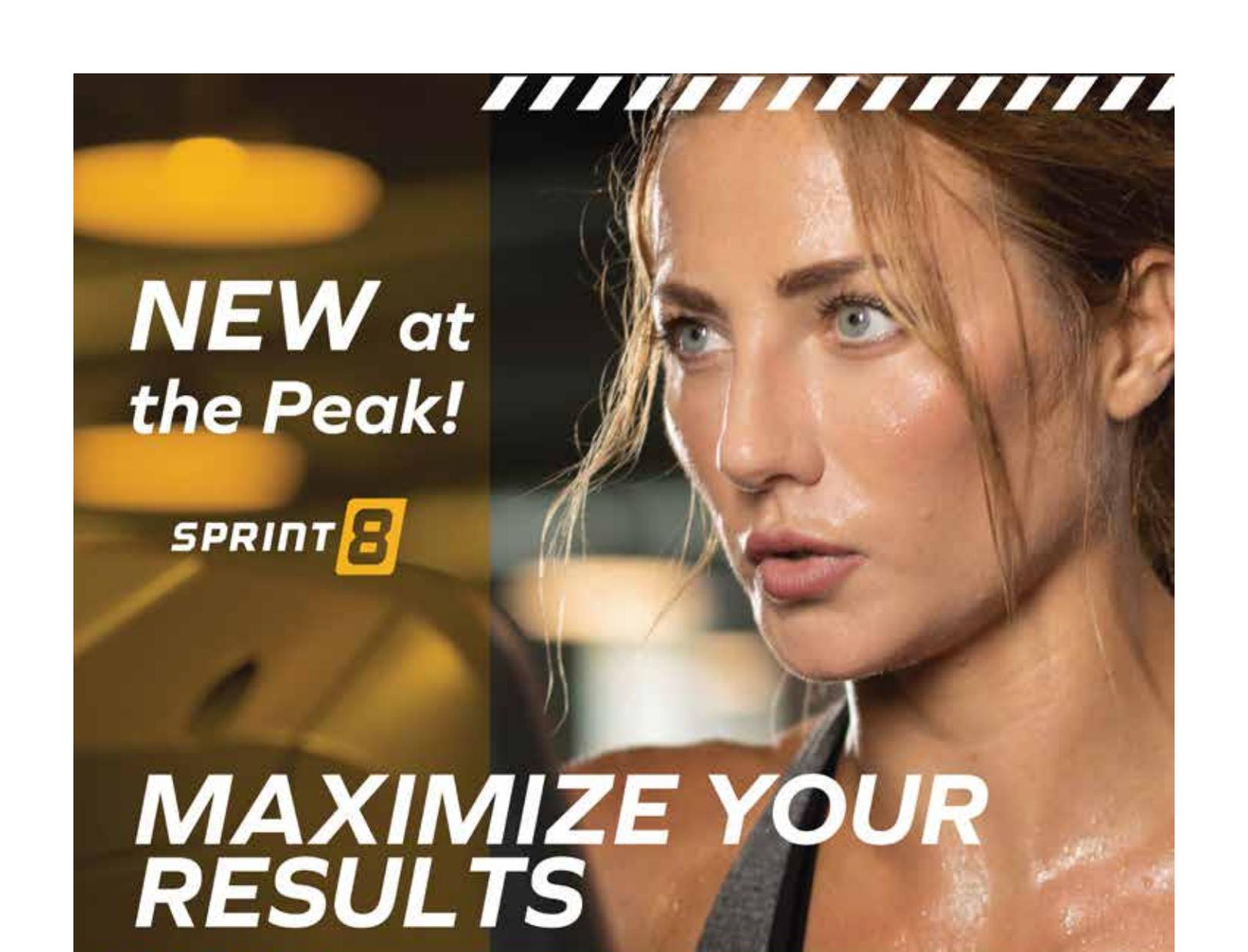
**YOGA
WILD THING**



**PILATES
LEG PULL UP**



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



**NEW at
the Peak!**

SPRINT 8

**MAXIMIZE YOUR
RESULTS**

If you're striving to transform your body, Sprint 8 goes beyond high-intensity interval training for results you can see in the mirror.

All it takes is 20 minutes per day, three-times per week for 8 weeks to build lean muscle and cut body fat by up to 27%.

INTERESTED? TRY OUT A FREE DEMO CLASS & SEE WHAT IT'S ALL ABOUT!

**Thursday, November 3 | 5:30 PM | Coach Jen Brown
Saturday, November 5 | 8 AM | Coach John Baringer**

Class schedule will be from Nov. 7 - Dec. 31 (Mon & Thu: 5:30-6:30 PM | Sat: 8-9 AM)

COST: \$49.99 PER MEMBER; \$69.99 PER NON-MEMBER

EMAIL SHANDA@PEAKGREATFALLS.COM FOR SIGN UP; FOR MEMBERS(AGES 14+).

This is part of the Peak's CONQUER Small Group Training. All sign-ups will also include access to other CONQUER classes.



HIIT Workout

Cardiovascular Workout of the Month

John Baringer - Fit Pro



Warm up with a speed walk on the treadmill or running in place.

With each of these, they will be performed for 40 seconds as hard as you are able to go. Following each exercise is a 20 second rest or longer if needed. Repeat 2 – 3 times!

- Jump Squats
- Lunges
- Burpees
- Mountain Climbers
- Russian Twists

To give yourself more of a challenge you can add weight to your lunges and Russian twists!

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.

DID YOU KNOW?



You can use your **Health Savings Account (HSA)** to pay for personal training if you have a diagnoses 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