



NEWSLETTER

November 2023

Making Lives Better Through Fitness & Wellness

Military Appreciation Month



Healthy Holiday Eating

Check out our holiday hours, specialty fitness classes, and Fit Pro booths!

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West Bank Update

New classes, our Thanksgiving/Black Friday schedule, and a spotlight on Oula Fitness.

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Electric City Racquetball Tourney

Save the date for our upcoming winter racquetball tournament!

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HEALTHY
HOLIDAY
Eating

Holiday eating doesn't have to mean sacrificing your health goals. Visit with our Fit Pros and learn ways to make your favorite dishes more nutritious by using healthy alternatives!



PEAK H&W CENTER

- November 13** | 9:00-10:00AM
12:00-1:00PM
4:30-5:30PM
- November 14** | 9:00-10:00AM
- November 15** | 12:00-1:00PM
- November 16** | 12:00-1:00PM
4:30-5:30PM

PEAK WEST BANK

- November 13** | 11:00-1:00PM
- November 14** | 11:00-1:00PM
- November 15** | 11:00-1:00PM
- November 16** | 12:00-1:00PM
- November 17** | 11:00-1:00PM



Tips for a Healthy Thanksgiving

Fit Pro Tip of the Month

Jen Brown - Fit Pro

With Thanksgiving right around the corner, many look forward to the opportunity to enjoy tasty food with friends and family. For others, the challenge of trying to focus on their goals may cause guilt and anxiety.

Here are a few tips that may help you stay on track through the holidays.

1. Eat breakfast!

Maintaining a consistent diet will help prevent indulging in cravings caused by neglecting your body of food. It will also help prevent you from convincing yourself to eat large portions of food, because you haven't eaten all day.

2. Bring a dish!

This will allow you to plan ahead and make something healthy that will allow you to enjoy yourself without feeling guilty.

3. Portion Control!

Eat slowly and enjoy your food. Be gracious with yourself if you find yourself wanting a treat. We are all human, and it's okay if you limit the amounts. Try to load up your plate with veggies and lean meats, then leave a small space for your favorite dishes.



4. Exercise!

Take a walk, hit the gym, play a game of football, or participate in a local 5K. Whether you like to work out alone or use this as an opportunity to do something with the family... just MOVE! Starting the day with exercise will help inspire healthy decisions throughout the day.

Keep in mind that Thanksgiving is only once a year, and it's a time to celebrate with friends and family. One day is not going to make or break your goals. What you do for the other 364 days of the year is what's going to matter. Enjoy the day in moderation, and don't let the 1-3 days turn into 3 weeks or 3 months. Resume your health journey the very next day, doing what you can to learn, grow and become a better version of yourself.



West Bank Update

SATURDAY CLASSES AT THE PEAK WEST BANK LANDING

NOVEMBER 4TH
 8:00 - 8:50AM HIIT Mix w/ Meredith (NORTH STUDIO)
 9:00 - 9:50AM Vinyasa Yoga w/ Sage (SOUTH STUDIO)
 10:00 - 10:30AM Strength: Push-Ups w/ Crystal (SOUTH STUDIO)

NOVEMBER 11TH
 8:00 - 8:50AM HIIT Mix w/ Sandra (NORTH STUDIO)
 9:00 - 9:50AM BODYBALANCE w/ Katrina (SOUTH STUDIO)
 10:00 - 10:30AM Strength: Row-Dead Row w/ Crystal (SOUTH STUDIO)

NOVEMBER 18TH
 8:00 - 8:50AM HIIT Mix w/ Meredith (NORTH STUDIO)
 9:00 - 9:50AM BODYBALANCE w/ Katrina (SOUTH STUDIO)
 10:00 - 10:30AM Strength: Lateral Raises w/ Crystal (SOUTH STUDIO)

NOVEMBER 25TH
 8:00 - 8:50AM HIIT Mix w/ Sandra (NORTH STUDIO)
 9:00 - 9:50AM Vinyasa Yoga w/ Sage (SOUTH STUDIO)
 10:00 - 10:30AM Strength: Lunges w/ Crystal (SOUTH STUDIO)

NEW Fall Classes!

MONDAYS 5:00AM - Queenax Mix (Sandra)
 12:15PM - Turbo Kick (Shauna)

TUESDAYS 12:30PM - SPRINT (Carley)
 5:30PM - Cycle 60 (Steve)

WEDNESDAYS 12:15PM - HIIT Mix (Shauna)
 5:30PM - BODYCOMBAT (Crystal)

THURSDAYS 12:30PM - SPRINT (Carley)

FRIDAYS 1:00PM - HIIT Mix (Tabitha)
 4:30PM - Oula (Shari)

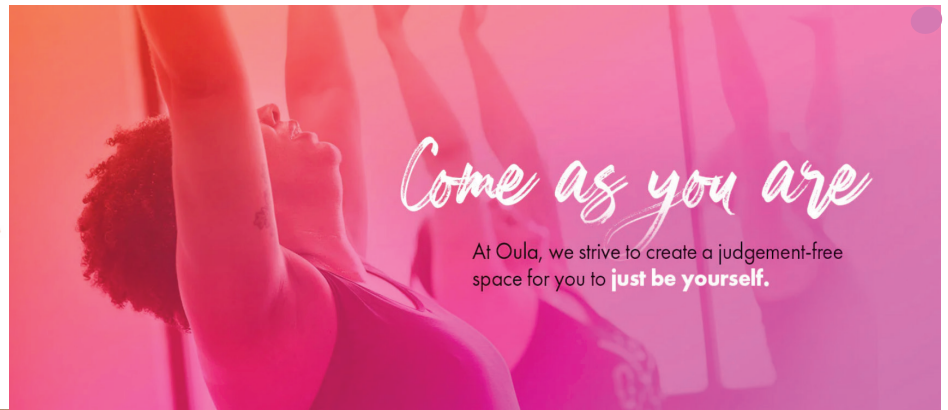
SATURDAYS 11:00AM - BODYCOMBAT (Crystal)

***Full Time
 membership staff
 now available at
 this location!***

Monday - Thursday
 9:00am - 6:00pm

Friday
 8:00am - 5:00pm

Oula



Oula is more than just dance fitness. It is a safe space to be yourself and find community. Founded in MissOULA, Oula combines dance choreography, varying levels of cardio, and feel-good pop music to create a fun, empowering fitness experience for everyone!

Oula at Peak West Bank Landing

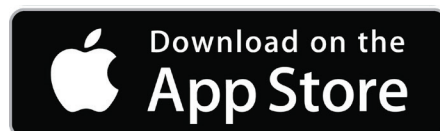
Mondays at 4:30 pm
with Diedri

Wednesdays at 4:30 PM
with Diedri

Fridays at 4:30 PM
with Sharie



Book your classes NOW
online or in the Peak App!





HOLIDAY SCHEDULE

NOVEMBER 2023



THANKSGIVING

THURSDAY, NOVEMBER 23

Closing Early:

7:00am - 12:00pm

Complimentary mimosas all morning!

*All regularly scheduled classes canceled.

7:00 - 8:00 AM

HIIT Mix with Meredith

8:00 - 10:00 AM

Turkey Burn Cyclethon!
with Sandra (8:00am)
with Kolten (9:00am)

BLACK FRIDAY

FRIDAY, NOVEMBER 24

Regular Hours:

5:00am - 9:00pm

*All regularly scheduled classes canceled.

8:00 - 9:00 AM

Cycle with Sandra

9:00 - 10:00 AM

BODYPUMP with Desiree

10:00 - 11:00 AM

BODYCOMBAT with Crystal

FREE FOR MEMBERS & NON-MEMBERS!

Peak West Bank Landing, 401 3rd St NW, Great Falls, MT



Exercises of the Month

GENERAL TRX BACK EXTENSION

Demonstrated by Travis Lafountain.



PILATES SERVE A TRAY

Demonstrated by Jamie Brook.



YOGA REVERSE WARRIOR

Demonstrated by Sage Guinn.



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.



EMOM & “Death” by Calorie

Cardiovascular Workout of the Month

Gavinn Green- Fit Pro

RPE (Rating of Perceived Exertion): $\geq 7/10$; unable to hold a normal conversation during exercise

Warm-up: Dynamic Stretching - Full-body, 3-5 minutes on the cardio machine of your choice.

9 Minute EMOM (Every Minute On the Minute): Start round/reps at beginning of each minute. The time in the minute you have left after completing designated reps is a REST till the top of the next minute.

- 3 Minute EMOM: 15-20 thrusters (squat to overhead press with dumbbells or a barbell.)
- 3 Minute EMOM: 15-20 RDL-to-high pull/row
- 3 Minute EMOM: 30 plank shoulder taps (tap opposite shoulder with hand while in plank position on hands)

“Death by Calorie” Row: On the rower, row till the number of calories burned is equal to the minute count you are on.

- Ex: in the first minute, row till 1 calorie is burned; in the second minute, row away 2 calories. So on and so forth till you are unable to row the amount of calories in the allotted minute time-frame. This makes the beginning very easy, but the intensity quickly amplifies once the calorie count climbs.
- Can be modified to be “Death by ___” ...fill in the blank! Ex: a unit of distance covered, etc.

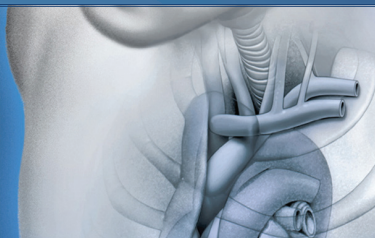
Finish by doing the following exercises 2-3 times:

- 50 line hops each direction (50 front-to-back, 50 side-to-side)
- 40 high knees/marches
- 30 “steering wheels”
- 20 kneeling medball slams

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 Tuesday, November 14, 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 Wednesday, November 29, 4:00 PM

Basic first aid is taught and select skills are assessed.

Take both CPR and First Aid in the same month for only \$100!
Fees include classes and 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.



Have a Healthy Thanksgiving Meal

Wellness Tip of the Month

Jamie Brook - Fit Pro

Holidays are one of the hardest times to keep yourself on your healthy eating lifestyle, but you don't have to completely skip out on the festivities. Try these easy tips to keep yourself on track for this holiday season.

- 1. Eat before the feast.** It is important to still eat your healthy meals throughout the day. If you show up at dinner starving, you will be more likely to overeat and your body will have a harder time digesting the hearty meal. Eat a well balanced breakfast, lunch and snacks throughout the day.
- 2. Fill yourself with plenty of veggies.** Before grabbing the stuffing and potatoes, fill 2/3 of your plate with a rainbow of colorful vegetables. These will help fill you up and avoid over indulging on the not so healthy.
- 3. Keep a limit on the amount of sweets.** No need to completely cut out the sweet treats but consume with moderation. Only take 1 scoop of cranberry sauce instead of 2 and split a piece of dessert with a loved one.
- 4. Leave the table after dinner.** We are more likely to snack on leftovers even when we're not hungry when they are right in front of us. Go into another room to chat with the family or even go for a walk.
- 5. Drink plenty of water.** Our mind can interpret thirst for hunger so getting enough water will help limit the amount you may be tempted to over eat. Swapping out water for sweet drinks or alcoholic beverages will also reduce the amount of empty calories you consume. So drink enough water throughout the day and at meal time.
- 6. Try out a healthier recipe for your favorite holiday meals.** There are many healthy recipe options that taste just as good as the recipes you are used to! Try out a healthier sweet potato or cranberry sauce recipe.

Electric City Open RACQUETBALL Tourney

SAVE THE DATES

Friday, December 1

Saturday, December 2

Sunday, December 3



Peak Health & Wellness Center
1800 Benefis Court, Great Falls, MT



Fall Challenges



MEPS for MAMS MyZone Challenge

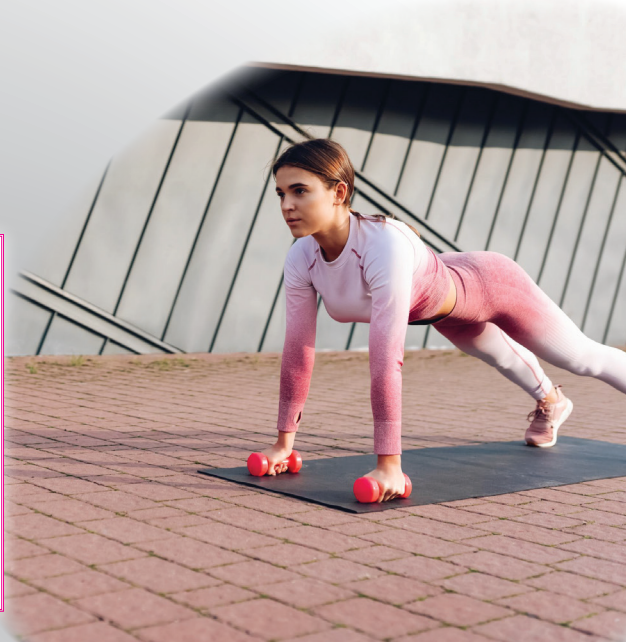
1300 MEP drawing: **3000 MEP drawing:**

Connor O.
Andrew G.
Amanda G.
Stephanie P.

Kyle F. and Elfie N.
Thank you **Scheels** and **Fast Car Wash** for donating prizes for our hard-working participants!

Congratulations to our winners! Stay tuned for information about our MZ Holiday Hustle for the Muscle challenge!

WINNERS!



FALL Back into Fitness CHALLENGE



October 2 - November 19
ONE WEEK LEFT!

1st PRIZE

- ★ \$100 Cash
- ★ Peak Gift Basket
- ★ Goodies from Peak Partners

2nd PRIZE

- ★ Peak Gift Basket
- ★ Goodies from Peak Partners

3rd PRIZE

- ★ Goodies from Peak Partners

7 Weeks:
1 Class
= 1 Point

Top 3 Men &
Top 3 Women
with the most
points WIN!



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 Holiday Hours

Thanksgiving, November 23 | Main Closed, WBL 7 AM - 12 PM

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

Christmas Day, December 25 | Main & WBL Closed

New Year's Eve, December 31 | Main & WBL 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