



NEWSLETTER

October 2023

Making Lives Better Through Fitness & Wellness

Breast Cancer Awareness Month



Fitness Floor Now Open!

A preview of our newly renovated fitness floor at our main location.

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Les Mills Halloween Launch

Our mega launch is set for October 28 during Halloween!

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Fall Challenges

Join the MyZone MEPs for MAMs and Fall Back into Fitness Challenges!

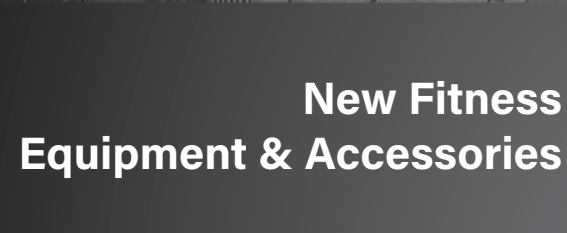
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Elevate Your Peak Experience

Our Fitness Floor is now **open** at full capacity! Check out what's new at the Peak Health & Wellness Center.



Brand New Functional Training Rig & Turf



New Fitness Equipment & Accessories



Fresh New Paint, Flooring, & Accents



Redesigned Free Weight Area



Peak Health & Wellness Center
1800 Benefis Court, Great Falls, MT 59405



Set Your Goals & Make it Fun!

Fit Pro Tip of the Month

Tabitha Bury - Fit Pro

With our newly remodeled fitness floor and the cooler weather and holidays moving in, now is the time to plan how to crush your winter goals!

With a lot of new options for equipment, it'll be easy to work on your strength training with our new machines or new functional fitness area.

Challenge yourself and add something new to your routine.

(Ex: sled push and pull, test your grip strength on the rock wall, etc.)

Sometimes something as simple as adding something new to your routine can make it become enjoyable again if it starts to feel like a chore.

Your health and fitness goals are important year round, so find that balance and better yourself each day.



Member Spotlight!

Bianca Bowen



Peak member, Bianca Bowen, competed in the 2023 Montana Senior Olympics which took place at the Peak Health & Wellness Center in Missoula, Montana the weekend of September 14-16, 2023.

Bianca competed in swimming competitions for the age group 70-74 years old, taking home 3 gold medals and one silver!

- 50 Yard Freestyle - Gold
- 200 Yard Freestyle - Gold
- 500 Yard Freestyle - Gold
- 100 Yard Breaststroke - Silver

Congratulations Bianca! And thank you for reminding us that we are all capable of great things, no matter what age we are.

The Peak is proud!



West Bank Update

SATURDAY CLASSES AT THE PEAK WEST BANK LANDING

OCTOBER 7TH	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: Deadlifts w/ Crystal (SOUTH STUDIO)
OCTOBER 14TH	8:00 - 8:50AM	HIIT Mix w/ Carley (NORTH STUDIO)
	9:00 - 9:50AM	BODYBALANCE w/ Katrina (SOUTH STUDIO)
	10:00 - 10:30AM	Strength: Hang Clean w/ Gavinn (SOUTH STUDIO)
OCTOBER 21ST	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: Squats w/ Crystal (SOUTH STUDIO)
OCTOBER 28TH	7:00 - 12:00PM	Les Mills Launch @ Peak Main

New class schedule!

**View our class schedule online:
<https://bit.ly/PeakWBL-ClassCalendar>**





LES MILLS MEGA LAUNCH

SATURDAY, OCTOBER 28

LES MILLS **BODYPUMP** LES MILLS **RPM** LES MILLS **sprint** LES MILLS **CORE** LES MILLS **BODYSTEP** LES MILLS **GRIT** LES MILLS **BODYCOMBAT**

FREE EVENT

Enjoy food from local vendors!
Win prizes!
Costumes encouraged!

**REGISTER
ONLINE!**



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

New music & routines with your FAVE instructors!

- | | |
|----------------|---|
| 7:00AM | RPM/SPRINT
Jesse & Carley |
| 8:00AM | BODYPUMP
Carley, Travis, & Desiree |
| 9:00AM | BODYSTEP
Katie & Cortney |
| 10:00AM | GRIT CARDIO
Jacque & Carley |
| 10:30AM | CORE
Kristin |
| 11:00AM | BODYCOMBAT
Crystal, Kristin, & Jacque |

www.peakgreatfalls.com

Exercises of the Month

GENERAL PEC FLY

Demonstrated by Kyle Bourg-Bartell.



YOGA CAMEL POSE

Demonstrated by Nadine Corda.

PILATES CHEST EXPANSION

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.



Cardio for Spooky Season

Cardiovascular Workout of the Month

Kyle Bourg-Bartell- Fit Pro

Hey everyone! Are you wondering what workouts to do while we get into the spooky season? Well you're in luck! Join me on our spooky cardio session!

To start off our workout, we've got to **warm up**:

- Start with your good old friend Frankenstein! Swing your leg up across your body and reach your arms as high as possible to get the most out of your elasticity. Take a step forward and repeat on the other side. Do these **Frankenstein walks** for a distance of 10 to 15 meters twice.
- Next, we move into our **werewolf leaps** (or frog jumps). Jump from a power base launching your body forward. Land in a stable squat position and return to your starting position before the next leap. Do these for a distance of 20 meters twice.

After getting the warm up out of the way, move into a **scarecrow jack** (or half jack)!

For this movement, you have to be precise and intentional with every motion. First start with your arms and legs at a shoulder-width apart next to your sides. Next, jump out with your arms parallel to the ground, stopping at shoulder height, like a scarecrow! Then return to the starting position and repeat! Try two sets of 15-25 reps.

Next, we move into **Leatherface chainsaws** (or lumberjacks)!

Start with a weight you're comfortable with, swinging in a chopping motion across your body. Next, set your feet at a shoulder-width apart, planted firm. Bring the weight up over the right or left shoulder. Tighten up your core and start chopping cross body! Try 15 reps per side twice!

Last, we have **Dracula sprints**. Gotta get that speed!

These sprints are 25 meter sprints. Everything you have left in the tank needs to be spent here! For your first two sprints, run at a moderate to intense rate. Catch your breath because these last two sprints need maximum effort, almost as if your being chased by Count Dracula himself!





How N.E.A.T. Are You?

Wellness Tip of the Month

Travis Lafountain - Fit Pro

How N.E.A.T. are you?

I'm not talking about how much of a clean freak you are. I'm not even asking if you think you're cool. Though, I'm sure you *are* pretty cool. What I really want to know is: How much do you move throughout your day?

N.E.A.T. stands for **Non-Exercise Activity Thermogenesis**.

Think of it as all of your combined movement and activity throughout the day that is NOT planned exercise. Examples would be: walking your dog, gardening, raking, mowing, shopping, and well... cleaning. Believe it or not, N.E.A.T. accounts for a larger sum of caloric burn throughout the day than the exercise you cram into 1 hour, even if it's a vigorous workout! It makes more sense if you think about all of the combined stairs, steps, and movement you did during your 11 hours of movement compared to the 1 or even 2-hour workout you may have done. The benefits of exercise are a very long list, but that exercise doesn't only have to come in the form of your gym workout.

Key Takeaway: Moving consistently throughout your day (running errands, mowing, cleaning, chasing kids) burns FAR more calories than a 1-hour cardio session and then sitting most of the day. Desk jobs make this difficult, but there are creative ways to keep yourself moving.

- Be mindful to stand up and move around as often as your job will allow.
- Use a standing desk if your job and health allow.
- Try a balance ball for a seat.
- Check out a desk cycle so you can cycle as you work!
- Bring some dumbbells to lift during a lull.



We can all be more N.E.A.T. right? As a trainer, I will always give you a long list of the benefits of exercise and training. What you do outside of the gym matters too. It will make a tremendous difference toward your goals. Keep moving, friends!

Fall Challenges



October 1 - 31

MEPS for MAMS MyZone Challenge

Earn 1,300 MEPS to gain entry into
PRIZE DRAWINGS.

Additional prize drawing for 3,000+ MEPS!



Visit the ProShop to purchase
your MyZone belt today!



FALL Back into Fitness CHALLENGE



October 2 - November 19
SIGN UP AT THE FRONT DESK!

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!

Swim Lessons at the Peak



Upcoming Sessions

October 3 - 26
November 2 - 30
December 5 - 21

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.

MONDAYS

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

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

4:30 - 5:20 PM
Peak Fit Kids PM
(ages 6-12) - Travis

THURSDAYS

4:30 - 5:20 PM
Peak Fit Kids PM
(ages 6-12) - Travis

FRIDAYS

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

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

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

2023 Holiday Hours

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