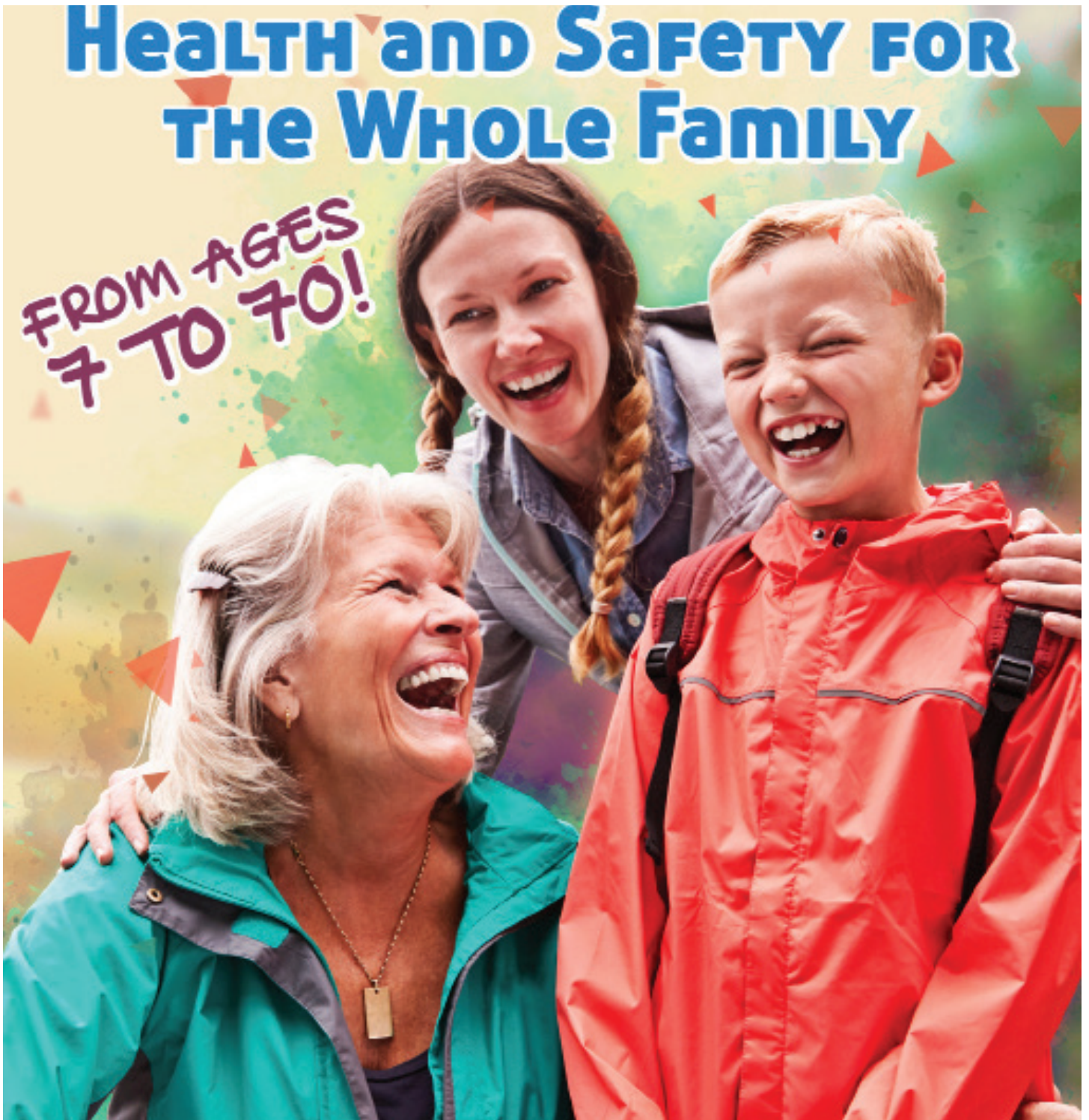


NEWSLETTER

September 2022

Making Lives Better Through Fitness & Wellness



Health and Safety FOR THE WHOLE FAMILY

FROM AGES 7 TO 70!

Sup 'n Sip Yoga

Yoga, paddleboards, and mermaids?
Come sup with us!
pg 3

Family Friendly LES MILLS Launch!

Class demos, food trucks, vendors,
bouncy house, prizes & MORE!
pg 7

Class Schedule Changes

Sunday classes are BACK starting
September 11!
pg 10



**Pools will
open**

**TUESDAY
SEPTEMBER 6**



MEMBER NOTICE

We are excited to announce that our pools will OPEN on Tuesday, September 6!

We will resume all swim lessons, aquatics classes, birthday parties, open swim, physical therapy, swim team, special events, etc.

**THANK YOU, for your patience and understanding while our pools have been under construction.
We are excited to welcome you back and show off all of our upgrades!**



Please be extra cautious when driving in or out of the Peak parking lot!

- Check both ways before pulling into the cul-de-sac
- Give the right-of-way to those already in the road
- As you are coming down the straightaway part of the cul-de-sac and you are approaching the circular end of the road scan the area to look for potential hazards
- Be aware that vehicles parked on the side of the street can cause limited visibility.



Labor Day Hours

Monday, September 5

5AM - 2PM

No Regularly Scheduled Group Classes
Treehouse Closed

Peak Main Only:

9:00 AM | BODYPUMP | Katie B.
10:00 AM | BODYCOMBAT | Kristin K.



Constructive Rest

Fit Pro Tip of the Month

Kia Mathews - Fit Pro



Your doctor told you that you have high cholesterol and/or arthritis, or that you are at risk for developing these issues. Now what? Tai Chi is one answer. Tai Chi is a moving meditation, which has been shown to help improve the functioning of your nervous system, circulatory system, and respiratory system. Tai Chi has also been shown to help with joint pain and inflammation.

The slow, methodical movements help to get the soft tissue in your body to move and stretch, while putting minimal stress on the joints. As a meditation, it slows your heartrate and evens out your breathing. Eventually, your baseline blood pressure should lower, along with your heartrate and respirations. People note that breathing becomes easier, particularly those with breathing issues. Personally, I noticed that it was easier to breathe in general, and I hardly ever needed my inhaler after I started studying Tai Chi.

All of these pieces work together to help our cholesterol levels, because our stress levels and circulatory systems are positively affected by Tai Chi practice. One study found that Tai Chi practice resulted in significant change in lipids in the blood, showing that Tai Chi can reduce cholesterol, particularly when paired with other lifestyle changes (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4980442/>). Our joints are strengthened and better supported through the slow and precise movements, and better circulation can help ease some of the pain and possibly prevent the progression of arthritis. **If you want more information on Tai Chi, reach out to Kia at 406-468-7365!**

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

Reservations are required. Limited to 2 hours a day.



**Join us for Yoga
on Stand Up
Paddle Boards &
Mermaids with
instructor
Lauren Dunne.**

6:30 PM - Pre-Event Drinks
& Social in Yoga
Studio

7:00 PM - Yoga in the Pool

8:00 PM - After Party at the
Sip 'n Dip!

MUST BE 21+

Adult beverages provided. FREE for Members & Non-Members for Yoga on Deck. \$10 to reserve a Stand Up Paddle Board (contact the Front Desk).



SUP

N' SIP

TUESDAY, SEPTEMBER 13





Healthy Fat in your Diet

Nutritional Tip of the Month

Devorah Werner- FIT Pro



This month we are focusing on adding healthy fats to the diet! Fat has long been viewed negatively. Indeed, unhealthy fats can cause inflammation and weight gain. Fats actually help us to feel full. They also have important vitamins. Did you know that our brain is made up of about 80% fat?

Having healthy fat can add mental clarity and decrease the blues.

Healthy fats:

- Olive oil
- Avocado or Avocado Oil
- Walnuts
- Pecans
- Almonds
- Chia Seeds

Fats are usually nutrient-dense so a small serving goes a long way. Enjoy adding some of these delicious options to your diet in the month of September!

EXERCISES OF THE MONTH



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



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!

LES MILLS LAUNCH DAY

FAMILY MEETS FITNESS

SATURDAY, SEPTEMBER 24

LES MILLS™ CLASSES WILL LAUNCH HOT NEW ROUTINES & MUSIC!

8:05 AM	//	RPM™ & SPRINT™	//	CYCLE STUDIO	
9:00 AM	//	BODYPUMP™	//	PARKING LOT	
10:00 AM	//	BODYCOMBAT™	//	PARKING LOT	
11:00 AM	//	GRIT™	//	PARKING LOT	FAMILY FRIENDLY!
11:20 AM	//	BODYSTEP™	//	PARKING LOT	FAMILY FRIENDLY!
11:40 AM	//	CORE™	//	PARKING LOT	FAMILY FRIENDLY!
12:00 PM	//	BODYBALANCE™	//	PARKING LOT	FAMILY FRIENDLY!

ENTER TO WIN
GRAND PRIZE

OPEN TO
FAMILIES
11 AM

FREE
TO ATTEND

VENDORS
FOOD & ICE CREAM TRUCKS
BOUNCY HOUSE
POP-UP SALES

LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

LES MILLS
GRIT

LES MILLS
RPM

LES MILLS
BODYBALANCE

LES MILLS
sprint

LES MILLS
CORE

LES MILLS
BODYSTEP



Jump Rope Benefits

Cardiovascular Workout of the Month

Leslie Osterman - Fit Pro



Jumping rope is a high impact exercise that stresses the bones in a healthy way to make them stronger. As a person jumps, the body responds to the temporary stress on bones caused by ground reaction forces by building them back stronger and denser.

In fact, one 22-week study including Olympic swimmers observed significant increases in bone mineral density of the lumbar spine and femoral neck (a part of the thigh bone) after participating in 20 minutes of jump rope twice per week!

For this workout, the goal is to jump rope as long as possible, which will help to build your cardiorespiratory endurance. The focus should be slow, moderate intensity jumping rather than jumping as fast as you can.

To begin, start a stopwatch and see how long you can jump at a consistent pace without needing to stop. If you're able to, take a short break and do this again. Over time, try to increase your jumping time, ideally aiming for up to 20–30 minutes without stopping.

Pro Tip: Always make sure you jump rope on a flat surface free of rocks, grass or sticks and always check with your doctor. Happy Jumping!

Source: Jumping rope and whole-body vibration program effects on bone values in Olympic artistic swimmers - PubMed

Jumping rope isn't just for boxers or elementary school play grounds! It actually offers major cardiorespiratory benefits and also helps improve balance, coordination, increases bone density and can burn some major calories.

Jumping continuously for a period of time requires more blood and oxygen to be pumped to working muscles, which increases your heart rate and respiratory rate to accommodate the increased demand. Over time, this can strengthen your heart and improve your lung capacity, allowing you to exercise for longer.

PEAK GREAT FALLS

KIDS Fitness CLASSES

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
10-10:30 AM Peak Little Movers (ages 3-5) - Haley	10-10:55 AM Zumbini (ages 0-4) - Leslie	4:30-5:15 PM Peak Fit Kids (ages 6-12) - Travis	10-10:30 AM Peak Little Movers (ages 3-5) - Haley
4:30-5:15 PM Peak Fit Kids (ages 6-12) - Travis			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

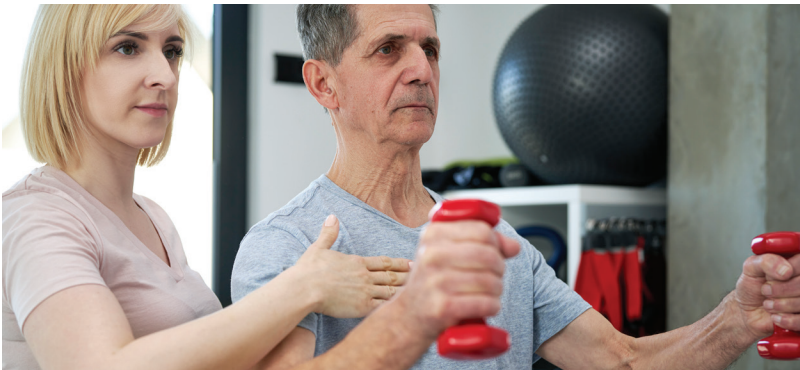
What: Created by Zumba and BabyFirst, Zumbini is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skill, and emotional development for children ages 0-4, all while creating the ultimate bonding experience for you and your child. Kids must have at least one adult family member participating in the class with them.



Balance for Seniors

Health Coach Tip of the Month

Beth Munsterteiger - Fit Pro



It is important to be aware of our health and how the things we do now will impact us positively (or negatively!) later. For example, being active and practicing fitness during adolescence and the teenage years can greatly impact bone density later on.

For adolescent girls specifically, it is very important to do weight bearing activities and to eat nutritious foods rich in calcium to build strong bones later in life. When women develop osteoporosis it can stem from various factors, two of which are poor nutrition and or being too sedentary. This can lead to increased risk of breaking a bone and taking away a person's independence.

In September, Allison Morris, a Benefis Physical Therapist, and I will be facilitating a **Stepping On Fall Prevention Class** here at the Peak. The class is open to all seniors who wish to increase their confidence and improve their balance. For more information contact me at 406-468-7368 or beth@peakgreatfalls.com.

Remember, prevention and taking care of yourself NOW so you can be better prepared later is key!



HeartSaver CPR/AED Certification

September 13 | 5:15 PM | Hazelnut Studio | \$65

Classes include adult, child, and infant certifications. Participants can take any or all modules. Adult only certification usually lasts 1½ hours. Adult/Child lasts 2 hours and Adult/Child/Infant lasts 2½ to 3 hours. We teach and test skills on how well students use an AED, 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

October 4 | 3:30 pm | \$65

Basic First Aid is taught and some skills are assessed.

\$100 if both CPR & First Aid are taken in the same month. Pre-registration is required and fees must be paid at time of registration. Register at the Service Desk.



American Heart Association BLS (Basic Life Support) Health Care Provider Renewal Certification Classes

Healthcare Provider classes and skills testing is available at the Peak Health and Wellness Center. The Healthcare Provider BLS classes are scheduled as needed and costs \$45. 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.

For sign up or schedule a check-off, please email beth@peakgreatfalls.com or call 468-7368.

For Sale!



Cybex Arc Trainer \$300

Equipment sold as-is; no warranty included; purchaser is responsible for removal and delivery; no holds.

Please email shanda@peakgreatfalls.com to enquire or purchase.

Class Schedule Changes!

Tuesday Vinyasa Yoga Level 2-3 class
changing from 12:15-1:15 to 12:00-1:00

Thursday Deep Stretch Yoga
changing from 12:15-1:00 to 12:00-1:00

Sunday classes are BACK September 11!
1:00 PM | LES MILLS RPM | Rotation | Cycle Studio
1:00 PM | LES MILLS GRIT | Jacque | GroupX Studio
2:00 PM | Gentle Yoga | Bree Dunlap | Yoga Studio



Winter Hours start Sept. 12!

Club Hours

Monday - Friday
5 AM - 10 PM

Saturday - Sunday
6 AM - 9 PM

Treehouse Hours

Monday - Friday
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

Labor Day | September 5 | 5 AM - 2 PM
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