



NEWSLETTER

September 2023

Making Lives Better Through Fitness & Wellness

Back to School!



Fitness Floor Reopening

Updates on our renovations; save the date for our Grand Reopening Party!

pg 2

Break the Rules! Yoga Workshop

Join Yoga Alliance Continuing Education Provider, Nadine, and earn 2 hours CECs!

Page 6

Les Mills Mega Launch

Join us at the Peak West Bank Landing to try new Les Mills routines with Peak instructors!

Page 5

Renovations at the Peak

Hey Peak Fam,

Renovations are underway at our main location and progress is being made! A lot of work went on in the background throughout August, and now we are finally getting to see some of the aesthetic changes taking place on the fitness floor. Take a look!



Photos hardly do it justice, so stop by to see it for yourself if you haven't had the chance to do so.

The club is open, but construction continues, so we want to remind our members, guests, and staff to please continue using designated walkways.

New fitness equipment and accessories arrive soon, and we aim to reopen the fitness floor for workouts shortly after. Stay in the loop by following us on Facebook, downloading the Peak Health & Wellness App, or ask a staff member for help updating your email address so you can receive our email blasts. You will want all of the details about our grand re-opening party at the end of the month!

Sincerely,

Peak Management & Staff

ELEVATE

YOUR PEAK EXPERIENCE



Enter for the chance to win a **lifetime Peak membership!**

First 50 people in the door get a **free Peak visor!**

GRAND REOPENING PARTY

Thursday, September 28, 2023
4:00 - 7:00 PM



The Perfect Time to Try Something New

Fit Pro Tip of the Month

Beth Munsterteiger - Fit Pro

The Peak is making a big change to the fitness floor and now is the perfect time to try something new as we wait for the new, up-to-date equipment. Here are just a few suggestions to change things up in your fitness and health routine:

1. **Try more cardio and aerobic workouts.** Now is the perfect time to try a new group fitness class, treadmill, step mill, rower, elliptical, or HIIT routine.
2. **Functional fitness** has many benefits that include improved endurance, cardiovascular, stamina, stability, and fun.
3. **Sport and recreational specific training** can get you in your best shape when the season arrives. A Fit Pro can guide you in a variety of exercises that will isolate specific energy resources and improve your strength and stamina for the activity you enjoy.
4. **The Peak West Bank Landing** has a variety of familiar and new fitness equipment that will change your routine in a positive way and challenge your body and mind.
5. **The Main Peak** has many options to choose from: swimming, free weights, basketball, racquetball, squash, group fitness classes, personal training, Pilates and more.



I have been at the Peak since day one and I am very excited about the new, updated equipment and look. There are challenging days for my workouts and my clients, but I have found I can work with the change and not against the change by working harder, smiling, staying positive, joyful, and hopeful.

BACK to SCHOOL

10% OFF
ALL CLOTHING
IN THE
PROSHOP!

SALE!

AUGUST 14 - SEPTEMBER 16

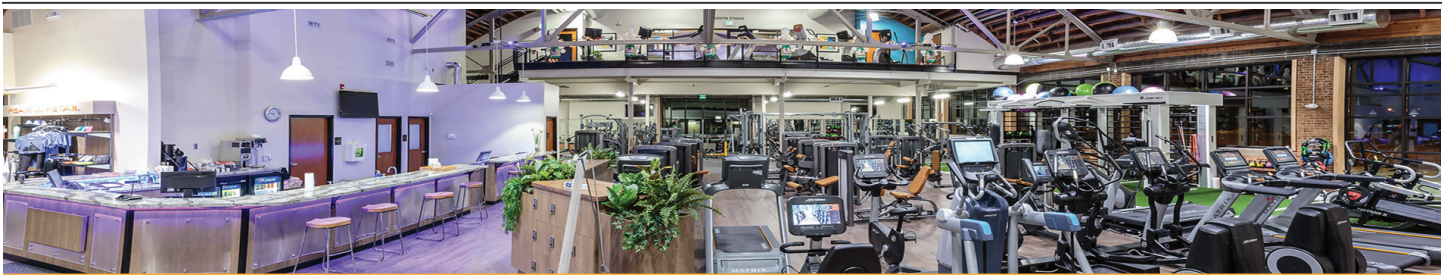


West Bank Update

SATURDAY CLASSES

AT THE PEAK WEST BANK LANDING

SEPTEMBER 2ND	8:00 - 8:50AM	BODYPUMP w/ Katrina (SOUTH STUDIO)
	9:00 - 9:50AM	Vinyasa Yoga w/ Sage (SOUTH PATIO)
SEPTEMBER 9TH	8:00 - 8:50AM	HIIT Mix w/ Sandra (NORTH STUDIO)
	9:00 - 9:50AM	BODYBALANCE w/ Katrina (SOUTH STUDIO)
SEPTEMBER 16TH	8:00 - 8:50AM	HIIT Mix w/ Sandra (NORTH STUDIO)
	9:30 - 11:00AM	Vinyasa Yoga w/ Sage (SOUTH STUDIO)
SEPTEMBER 23RD	7:00AM -	LES MILLS Launch (OUTSIDE LOT)
	1:00PM	
SEPTEMBER 30TH	8:00 - 8:50AM	HIIT Mix w/ Meredith (NORTH STUDIO)
	9:00 - 9:50AM	BODYBALANCE w/ Katrina (SOUTH STUDIO)



Temporary Extended Hours

Saturday & Sunday
6:00am - 8:00pm



LES MILLS MEGA LAUNCH

SATURDAY, SEPT. 23
PEAK WEST BANK LANDING

FREE for both
Members & Guests!

VENDORS • FOOD • PRIZES

**REGISTER
 ONLINE!**



Peak West Bank Landing
 401 3rd Ave NW, Great Falls
www.peakgreatfalls.com

NEW MUSIC & ROUTINES

- 7:00AM RPM/SPRINT**
Jesse & Carley
- 8:00AM BODYPUMP**
Carley, Travis, & Desiree
- 9:00AM BODYSTEP**
Katie & Cortney
- 10:00AM BODYBALANCE**
Katrina
- 11:00AM GRIT CARDIO**
Jacque & Carley
- 11:30AM CORE**
Kristin
- 12:00PM BODYCOMBAT**
Crystal, Kristin, & Jacque



Exercises of the Month

GENERAL RUCKING

Demonstrated by Jacque Albro.



YOGA CHILD'S POSE

Demonstrated by Nadine Corda.



PILATES SEAL

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.

Break the Rules!

A Yoga Workshop
led by **Nadine Corda**



Sunday, October 15, 3:00 - 5:00 PM



Earn 2 hours of CECs from YACEP, Nadine.

Members: \$35 ~ Guests: \$45

Sign up at the front desk!





Bodyweight Tabata

Cardiovascular Workout of the Month

Jen Brown - Fit Pro

With school back in session and sports seasons going full force, getting a good workout in can become challenging.

Here is a body weight workout that can be done anywhere, at anytime.

Set #1 - 20 seconds of push-ups, hold plank for 10 seconds, and rest for 10 seconds. Repeat 8 times, then rest for 1 minute.

Set #2 - 20 seconds of tricep presses, pulse for 10 seconds, and rest for 10 seconds. Repeat 8 times, then rest for 1 minute.

Set #3 - 20 seconds of back lunges, pulse lunges for 10 seconds, and rest for 10 seconds. Repeat 4 times on each side, then rest for 1 minute.

Set #4 - 20 seconds of side lunges, pulse side lunges for 10 seconds, and rest for 10 seconds. Repeat 4 times on each side, then rest for 1 minute.

Set #5 - 20 seconds of calf raises, hold halfway for 10 seconds, and rest for 10 seconds. Repeat 8 times, then rest for 1 minute.

Set #6 - 20 seconds of glute bridges, hold in top position for 10 seconds, and rest for 10 seconds. Repeat 8 times.

Set #7 - 20 seconds of bird dog, hold position for 10 seconds, and rest for 10 seconds. Repeat 8 times, then rest 1 minute.

Set #8 - 20 seconds of dead bug, and rest for 10 seconds. Repeat 8 times.



American Heart Association® HeartSaver and Healthcare Professional Renewal Certifications at the Peak



HeartSaver CPR/AED Certification | \$65 Check back for more dates in October!

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 Friday, September 15, 1:00 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.



Getting Back on a Normal Sleep Schedule

Wellness Tip of the Month

Carley Knudson - Fit Pro

Getting back into a good sleep routine for school doesn't have to be hard. The long days of summer can mess with our routines, but remember that starting with a few simple steps can make a difference. Whether it's you or your kids heading back to school, getting enough sleep each night will help you set up for a successful school year.

Here are some back to school sleep routine tips:

- Adjust your sleep schedule for school gradually, one day at a time.
- Wake up around the same time every day, within an hour of school wake time. (ex: If school wake time is 7:00am, wake up by 8:00am on non-school days to prevent sleeping in.)
- Slowly make bedtime and wake up time earlier, by 15 minutes each night and morning.
- Start to get back into school night routines that may have become relaxed over the summer. Start by scheduling consistent pre-bedtime activities again to help with nighttime adjustment.
- Stay physically active during the day and focus on more relaxing, quiet activities in the hours between dinner and bedtime.
- Turn off electronics and decrease light exposure to a minimum of 2 hours before bedtime.
- Limit caffeine use during the day. Try not to consume caffeine after 12:00pm.
- Help assess how much sleep your child needs by monitoring how many hours they sleep during the summer when sleep and wake times are relaxed. Keeping an eye on how many hours a night your child sleeps when they don't have a set wake-up time can give you an idea of how many hours of sleep they need.

Adequate sleep contributes to a student's overall health and well-being. Students should get the proper amount of sleep at night to help stay focused, improve concentration, and improve academic performance. It's okay to start your sleep routine early, to get on track when that first day arrives.

Fun Facts:

- On average, 6 out of 10 middle school students don't get enough sleep at night.
- On average, 7 out of 10 high school students don't get enough sleep at night.
- Kids 6-12 years old need 9-12 hours of sleep at night.
- Teens 13-18 years old need 8-10 hours of sleep at night.



Summer Challenge WINNERS

SUMMER GROUP X CHALLENGE



Every class booked in the Peak App 7/3 - 8/12 qualified for an entry into the contest!

The winners are: **Cindy & Mark!**

Congratulations to our winners and thank you to everyone that booked classes this summer.

Ready to jump into group fitness? Scan here to book a class now!



Summer Fitness



BINGO WINNERS

Holly & Russell

CONGRATULATIONS TO OUR WINNERS AND
THANK YOU TO ALL PARTICIPANTS FOR PLAYING!



Summer Challenges

June: Turn Up the Heat Winners

Stephanie, Renee, Katie, Bridgit, & Hayle

July: Sizzlin' Summer Winners

Joe, Cindy, Velma, Katie, & Lynae

August: Beat the Heat Challenge Winners

Shelly, Donna, Mark, Katie, & Cindy

Special Prize Winners! For participating in all 3 challenges.

Velma, Brandy, Lynae, & Paul



Congratulations to all of our winners and thank you to everyone that participated!

We'd also like to thank our prize sponsors:

Scheels, Brush Crazy, Albertsons, & Big Horn Outdoor Specialists

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

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.*

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.

2023 Holiday Hours

Labor Day | September 4 | 5 AM - 2 PM
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