

NEWSLETTER

February 2021

Making Lives Better Through Fitness & Wellness



Date Night @ the Peak

**Grab your partner and join us for a fun-filled workout!
Pg 3**

Heart Health Cardio Challenge

**Participate in as many cardio-friendly classes for PRIZES!
pg 5**

NEW Classes!

**New in February - Family Fitness, BODYSTEP, Zumba & More!
pg 8**



Together, we are Peak Strong!

JOHN BOLL | General Manager - PEAK Brands, Great Falls

Our foremost concern is our Members, Guests and Employees. Not only in protecting them from COVID and other germs, but to ensure they are staying fit and healthy, both in body and mind. This pandemic has definitely stressed our social life. Part of our mission is to provide a place for people to meet and socialize. While this has been difficult with all the restrictions in place, we are continually looking for ways to keep you safe.

OUR SAFETY FIRST MEASURES



Temperature checks. We pre-screen every member and employee for signs of symptoms.



Masks. All members and employees are required to wear a mask at all times - unless actively working out.



Disinfecting. Employees clean their assigned "zones" every hour. Members are required to clean equipment before and after each use.



Social Distancing. We practice social distancing (6 feet) between all employees and staff.



Plexiglass Barriers. We have placed plexiglass barriers throughout the Club - from the Front Desk to the Cardio Deck to help stop the spread of germs.



Limited Equipment. Every other piece of equipment is roped off to keep workouts socially distanced.



Health Guards. We instituted a whole new division of employees dedicated to your safety. You will see them every day in both Peak locations, sanitizing fitness equipment, refilling the Health Guard Sanitation Carts and running our advanced disinfecting equipment.



MatSana. Exercise mats in fitness centers can be harbingers of viruses and bacteria. Matsana makes a system that guides your mat through a high-intensity UV-C light chamber, killing greater than 99.9% of organisms on one pass.



Group Fitness Classes. All Group, Cycle and Aqua classes have limits on participants so that everyone is exercising at least 6 feet apart.



NanoSeptic Door Handle Strips. Powered by light, NanoSeptic surfaces utilize mineral nano-crystals which create a powerful oxidation reaction. These work 24/7, as the surface continually oxidizes organic contaminants.



Air PHX Unit. These units produce oxidizing molecules that are both extremely effective in killing germs and purifying the air. They are placed throughout the Club.



UV-C Sterilization Wands. Sunlight produces its own form of sanitization with UVC rays. This shortwave ray of light is proven to effectively damage the DNA of germs so as to eliminate their presence. We use the Wand on everything from yoga mats to towels.



RemeHalo Unit. The Reme Halo acts as extra air purifying resource in the cycle and group studios. This exhaust fan can replace the entire volume of air in just a few minutes.

join us for
DATE NIGHT
@ the peak!



*SPEND TIME TOGETHER
WHILE GETTING A WORKOUT!
GRAB YOUR PARTNER AND JOIN US
FOR A NIGHT OF FUN & EXERCISE.*

COST:

Members - \$25/couple, \$35/family
Non-Members - \$40/couple, \$50/family

FEB
12

.....
**6 PM-
8PM**
.....

**childcare
provided!**

TWO SESSIONS
AVAILABLE. CHOOSE
FROM THESE CLASSES:

- Barre**
- Cycle**
- Stand-Up Paddleboard**
- Yoga**
- Ropes Challenge Course**
family friendly
- Racquetball / Squash**
family friendly



1800 Benefis Court, Great Falls, MT 59405
406.727.7325 • www.peakgreatfalls.com



February is American Heart Month!

Cardiovascular Workout of the Month

Beth Munsterteiger, Fit Pro & Certified Strength & Conditioning Specialist

Cardiovascular exercise is any vigorous activity that increases heart rate and respiration and raises oxygen and blood flow throughout the body.

February is American Heart Month and is a great month to pledge to twenty-eight days of cardiovascular exercise and fitness!

Get a calendar and write down what you commit to do each day in February for your heart. Here are some ideas:

1. Call a friend and buddy up for the month or pick some days to get active together.
2. Try a different mode of cardiovascular exercise each day at the Peak. Ideas include rower, Jacobs ladder, Espresso bike, incline treadmill, aerobics class, NuStep or swimming. If you are not sure how to use some of the machines at the Peak ask a trainer. We really enjoy teaching others about health and fitness!
3. Walk a mile for a loved one or do a workout for someone you know who suffers from Heart disease.

Journal your successes and share them with us at the Peak. We love to hear success stories and want to pass them on to others! Your health successes motivate and encourage others to take the path of health.

Each day you complete your activity put a star on the date. By the end of the month reward yourself with something special. Get a massage, buy a new pair of workout shoes or clothes, surprise a loved one with a special gift.

The best reward you get at the end of American Heart Month after completing your daily goals is a **Healthier, Fitter Heart!**



Try this Heart Healthy Workout!

Warm-up: take at least 2 to 4 minutes or longer to warm up and get the circulation going. Do a low impact, slower aerobic workout to music: toe taps, heel taps, march and add the arm along with the steps

Depending on the mode of exercise you enjoy and your current health and fitness level you can try the following:

Beginners:

- NuStep for 8 to 10 minutes, level 2-to-4
- Arm Ergometer 3 to 5 minutes, level 1-3
- Treadmill 8 to 10 minutes at 1mph to 2.8mph, or bike 8-10 minutes, level 2-6

Start slow and always be able to carry on a conversation. You can easily get a good 20 to 30 minutes activity in with this program.

Advanced: ellipticals, rowers, treadmills, bikes, Jacobs Ladders, step mills, stair steppers, and group fitness classes. These are only a few modes of exercises to choose from. Try to dedicate 30 to 60 minutes 4 to 7 days a week to your Aerobic Exercise Program. Vary the workouts by doing base training days and interval or HITT workouts. Never hesitate to consult with a trainer and get healthy, fun ideas to add variety and challenge to your workouts!

Always consult with your physician if you have not done so when beginning to exercise.



Friday, February 5

9 am - 1 pm | Peak Main Lobby

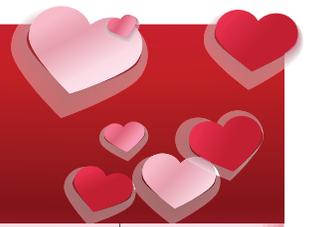
- **Stop by and talk to one of our Fit Pros for workout ideas**
- **Visit with a Health and Behavior Lifestyle Coach to improve overall wellness and health.**
- **Get information about Heart Health.**

Benefit from spending time with a Health Coach or Trainer!

Everyone who stops by will be entered into a drawing to WIN a MyZone Belt!

Heart Health Cardio Challenge

February 2021



SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
1 PM RPM CYCLE STUDIO	5:05-6 AM BODYCOMBAT GYM 8 AM MULTI-LEVEL SYNRGY SYNRGY 9 AM RPM CYCLE STUDIO 8:45-9:30 AM POWER STEP GX STUDIO 10-10:45 AM SENIORS IN MOTION HAZELNUT STUDIO BONE DENSE HEART SMART GX STUDIO AQUA FIT & FUN WARM POOL 10-10 AM AQUAMOTION REC POOL 4-4:30 PM FAMILY FITNESS GYM 4:30-5:15 PM GRIT GX STUDIO 5:30-6:30 PM BODYSTEP GX STUDIO 5:45 PM AQUA CARDIO FIT WARM POOL	5:05-6 AM TOTAL BODY CONDITION GYM 6-6:45 PM FREESTYLE CYCLE YCLE STUDIO 8 AM AQUA FIT & FUN WARM POOL 12:15-1 PM PEAK PROJECT GYM 4:30-5:15 PM BODYCOMBAT GX STUDIO 5:30 PM RPM CYCLE STUDIO	5:05-6 AM GRIT GX STUDIO FREESTYLE CYCLE STUDIO 8:45-9:30 PM BODYCOMBAT GX STUDIO 10-10:45 PM BONE DENSE HEART SMART GX STUDIO AQUA FIT & FUN WARM POOL 12:15-1 PM BODYSTEP GX STUDIO 4-4:30 PM FAMILY FITNESS GYM 5:30-6:30 PM ZUMBA GX STUDIO 6 PM H2O CHALLENGE REC POOL	5:05-6 AM KETTLEBELL HIIT GYM 6-6:45 AM FREESTYLE CYCLE CYCLE STUDIO 8 AM AQUA FIT & FUN WARM POOL 9 AM RPM CYCLE STUDIO 12:15-1 PM PEAK PROJECT GYM TURBOKICK GX STUDIO 12:30 PM AQUA FIT & FUN WARM POOL 4:40-5:15 PM BODYCOMBAT GX STUDIO 5:30-6:30 PM INSANITY GX STUDIO	5:05-6 AM TURBOKICK GX STUDIO 5:15-6 AM SPRINT CYCLE STUDIO 8:15-8:45 AM MULTI-LEVEL SYNRGY SYNRGY 9 AM BONE DENSE HEART SMART HAZELNUT STUDIO CYCLE & STRETCH CYCLE STUDIO SUP BOOTCAMP REC POOL 10:10 AM AQUAMOTION REC POOL 10-10:45 AM SILVERNEAKERS CIRCUIT HAZELNUT 5:30-6:30 PM ZUMBA GX STUDIO	7:30 AM FREESTYLE CYCLE STUDIO 8:15-8:45 AM GRIT GX STUDIO 9 AM FAMILY FITNESS GYM 10-10:15 AM BODYCOMBAT GX STUDIO



Attend as many HEART HEALTHY classes as you can during the month of February for chances to win some fabulous prizes!
 Register for classes online, through our App or by calling the Front Desk.

HeartSaver CPR/AED Certification

February 8 | 5 PM | Conf. Room | \$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

February 9 | 3:30 PM | Conf. Room | \$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

February 4 | 1 PM | Conf. Room | \$45

February 8 | 5:30 PM | Conf. Room | \$45

February 9 | 7:30 AM | Conf. Room | \$45

February 10 | 12:30 PM | Conf. Room | \$45

These renewal classes are for those who have BLS certifications and have taken the initial health care classes before and need to renew. Please get a BLS manual prior to class. Contact Beth Munsterteiger if you would like to purchase one at the Peak.

For more information please email beth@peakgreatfalls.com or call 468-7368.



REGISTER
NOW!

Spring Swim Lessons at the Peak!

We know, we know...it's still winter, but we're pretty sure everyone is looking forward to longer days, sunshine and WARMTH. Before you know it, swim season will be upon us - and we bet your kids are going to want to jump in the water and swim with their friends the very first chance they get!

But, are they ready? Don't delay your kiddo's chance to get their feet wet. Refresh their swim skills at the Peak Swim School! No matter what skill level your swimmer is at, we have a class to meet their needs. By enrolling your child in the Peak Swim School before the warm weather hits, kids will be more comfortable and confident in the water. **Kids who are confident in their swimming abilities are able to be safer in and around the water, and are less likely to take risks they can't handle.** You can rest assured that your child has the life-saving swimming skills needed in the water, so you can breathe a little easier. **With safety measures in place, space is even more limited than normal so get signed up ASAP.**

Upcoming Swim Sessions

Tuesdays & Thursdays
Multiple time slots available.

- March 2-25
- April 6-29
- May 4-27
- June 8 - July 1
- July 6-29
- August 3-26

Registration forms can be picked up at the Peak Main Service Desk or downloaded from the Aquatics section at www.peakgreatfalls.com
Payment is due at the time of registration.



Making Fitness Work for You

FIT Pro Tip of the Month

Kaylee Harris - Fit Pro



So how is your New Year's resolution working out? Well, if you are like most people, this month you are probably thinking, "Why is this soooo difficult?" or "I feel like I'm starting all over!" or "Why are Monday's such a challenge and don't seem to get easier?"

One shocking truth I have discovered through MyFitnessPal is the short amount of time it takes to start losing muscle. If you don't train at all, you may start losing muscle mass after 72 hours according to Michele Olsen PhD, a professor at Auburn University in Montgomery, Alabama. Even the heart shows a decrease in the amount of blood it can pump per beat after 72 hours off of exercise. Most people will notice more breathlessness before noticing weakness in the legs or arms.

After discovering this, I realized I need to switch up my routine and not take subsequent days off from working out. For years I trained hard Monday through Friday and goofed off on the weekend because I deserved it. I dreaded Monday's leg day because I felt like I was starting over and it felt like it was the first time I

stepped into the gym. After discovering that it only takes 72 hours to start losing muscle, I changed my work out routine to include a Saturday workout and started taking a day off in the middle of the week.

Guess what!? Monday's leg day is not so bad now. Even though I take a day off during the week, I am still active. I am working, moving around and lifting weights to give to my clients, so it is an "active" day off.

Here is a helpful list to revamp your New Year's goals. I hope you find success in 2021! Remember that fitness is not easy - it's hard work. But you can make it fun and an enjoyable part of your life.

1. Don't take back to back days off from your training this also includes your new eating habits.
2. Focus on one goal at a time. Multiple goals are difficult to measure successes and failures.
3. Time for a new motivating playlist for a new you. Find music that moves you at a quicker pace than you would normally go without music.
4. Measure your success by a "before" picture, a body comp, fit test, a new class that is challenging. It is difficult to see where you are right now but everyone needs to measure the starting point in order to track progress. Hire a Fit Pro to help you with this.
5. Find a buddy that has a common goal they can help you stay motivated and keep your mind off the one minute plank you are holding. My work out buddies walk a lot faster than I do so they help me move quicker.
6. Dig out that swim suit, summer always sneaks up faster than you think and adding pool time to your workout is an awesome way to add fun and variety.
7. Get that protein in your system first thing in the morning. **Eat protein to build protein!**
8. Keep your goals within your grasp. Shave off a pound at a time, lift heavy one rep at a time, go the distance one mile at a time. Goals need to keep changing as your fitness keeps changing.
9. Stick to the task. Remember WHY you started this fitness journey and remember you have to keep your eyes on where you are right now and continue to move forward.
10. Lift something, Cardio somewhere away from the couch and the kitchen, track your progress write it down or take a picture.



THANK YOU TO EVERYONE WHO PARTICIPATED IN CLASSES FOR A CAUSE!

Our third annual Classes for a Cause competition wrapped up right before the holidays. This year, teams had 6 weeks to attend as many group fitness classes that they could in order to win the prize money to donate to their charity of choice.

We had 9 teams, totaling 35 people attend close to 1,000 Group Fitness classes at both locations over the 6 week period. Wow! Talk about staying motivated during the holiday season! People who entered the competition said they not only loved the motivation it brought, but the fact that the money was going to a charity at the end of it all.

Congratulations to the winning team, "Thunda". This team of 4 attended 187 classes. Their charity of choice was the Sally Smith Family Foundation, so the money raised in registration fees has been donated to them.

Way to go everyone involved in this great way to give back to the community!

Teams for Honorable Mention:

- | | |
|-----------------------------------|---|
| 1. Thunda (187) | 5. Too Legit (96) |
| 2. She Beasts (134) | 6. Animal Lovers (89) |
| 3. Get Fitters Not Quitters (125) | 7. *tie* JLStrong and Jiggle Giggles (65) |
| 4. Struggle Bus (108) | 9. Not Fast Just Furious (55) |

MIND/BODY TRIBE

MONDAY, MARCH 22

1:15-2:30 PM | HAZELNUT STUDIO

MEETS THE 4TH MONDAY OF EACH MONTH

Each meeting will focus on a different yoga topic. The meetings will typically include a short presentation, member participation, discussion, and light movement.

All members, ages 14 and up are welcome to attend. No yoga experience necessary.

ZOOM MEETING ID# 988-4905-9381



Facilitated By

Nadine Corda

RYT200 Hour Certified Yoga Teacher



NEW Classes!



FAMILY FITNESS CLASSES

Mondays | 4-4:30 pm | Gym
Wednesdays | 4-4:30 pm | Gym
Saturdays | 9-9:30 am | Gym

Have fun and get fit as a family! Family Fitness classes are 30 minute classes focusing on cardio, strength, and stability all while having fun together. These classes are open to all fitness levels ages 6 and up*.

**Kids must have at least one adult family member participating in the class with them. Like all of our Group Fitness classes, Sign-ups are required.*



MONDAYS | 5:30-6:30 PM | **BODYSTEP**

WEDNESDAYS | 12:15-1 PM | **BODYSTEP**

WEDNESDAYS | 1-1:45 PM | **BASIC SYNERGY**

FRIDAYS | 5:30-6:30 PM | **ZUMBA**





Go RED - National Heart Health Month

Health Coach Tip of the Month

Devorah Werner - Certified Personal Trainer



Go Red was started by the American Heart Association in 2004 to raise the awareness of women and heart disease.

Cardiovascular disease is the number 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute. It is important to know what you can and can't do to change your risk.

You can't change these risk factors:

- Age
- Gender
- Heredity (family health history)
- Race
- Previous stroke or heart attack

You CAN control or treat these risk factors:

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular activity
- Obesity or overweight
- Diabetes

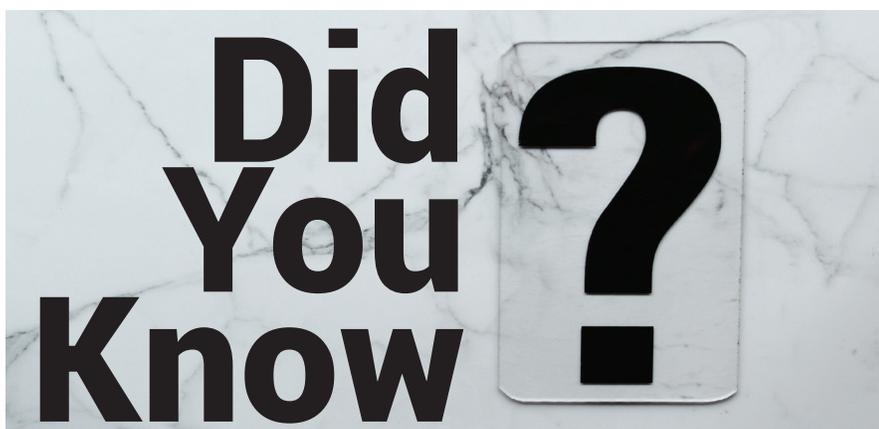
This year, Go Red will be celebrated on February 5th. Wear something red that day to raise awareness and support the cause!

MONTHLY CHALLENGES WIN PRIZES

Complete monthly fitness challenges, and get your name put into a prize drawing. On the first of the next month, winners will be announced! Challenges are all different, so look for one that fits your exercise style!

Download the app and start competing today!

GET IT ON Google Play | Download on the App Store



You can use your **Health Savings Account (HAS)** to pay for personal training if you have a diagnoses for **weight loss** (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 (2019) Category # 15002Q Department of the Treasury Internal Revenue Service.*



Natural Detox

Nutritional Tip of the Month

Kay Daniels - FIT Pro



Are you looking for a simple way to eat healthier that does not require special foods or hard-to-follow recipes?

The **DASH diet** is proven to prevent and treat high blood pressure and heart disease, will help to lower cholesterol and blood sugar levels, and even shed unwanted pounds at the same time.

Follow these simple steps to begin eating for a healthier you:

1. Decrease sodium intake.

Sodium is a major contributor to high blood pressure. It is recommended you eat less than 2300 mg daily. Try using other spices, herbs, vinegar, or citrus, rather than salt, for added flavor.

2. Eat more fruits and veggies.

Load up on a variety of colors to increase the benefits.

3. Stick to whole grains as much as possible.

4. Use low-fat or fat-free dairy products.

5. Lean meats, poultry, fish, and eggs are preferable over red and processed meats.

6. Add nuts, seeds, and legumes to your diet.

7. Select healthy fats and oils, such as low-fat mayonnaise and vegetable oils; while avoiding trans and saturated fats.

8. Avoid sweets and added sugars.

"Junk food" can be eaten, but only in moderation.

9. Increase your physical activity.

This will greatly benefit a healthy lifestyle and get you to your goals quicker! 150 minutes of moderate activity weekly is the recommended amount.

DASH stands for Dietary Approaches to Stop Hypertension, it is a flexible, balanced and heart healthy diet rich in fruits, vegetables, potassium, calcium, magnesium, fiber, and protein. If this seems like a lot to take on all at once, select one or two steps from the list above and incorporate them into your current eating habits. Once they become part of your routine, add a couple more.

Here is a sample menu of what a day on the DASH Diet could look like:

Breakfast: 1 whole-wheat bagel with 2 T peanut butter, 1 orange, 1 cup fat-free milk

Lunch: Spinach salad – 4 cups spinach, 1 sliced pear, ½ cup mandarin oranges, 1/3 cup slivered almonds, 2 T red wine vinaigrette; 12 low-sodium wheat crackers; 1 cup fat-free milk

Dinner: 4 oz herb-crusted cod, ½ cup brown rice pilaf with veggies, ½ cup green beans, 1 small wheat roll, 2 t olive oil, 1 cup berries with mint, herbal tea

Snack: 1 cup fat-free, low-cal yogurt with 4 vanilla wafers.



EXERCISES OF THE MONTH

YOGA SPHINX



PILATES SPINE STRETCH



GENERAL HIGH KNEES



If you are a new member, don't forget to schedule your two new member Smart Start Orientation Sessions. For questions regarding any of the workouts, tips, or nutritional information, please visit with one of our Fit Pros.



NOW OFFERING UNLIMITED CHILDCARE!

**Pricing: Primary = \$20 per Month
Second Add-on = \$15 per Month
All Other Add-Ons + \$10 per Month**

Child care is limited to 2 hours a day

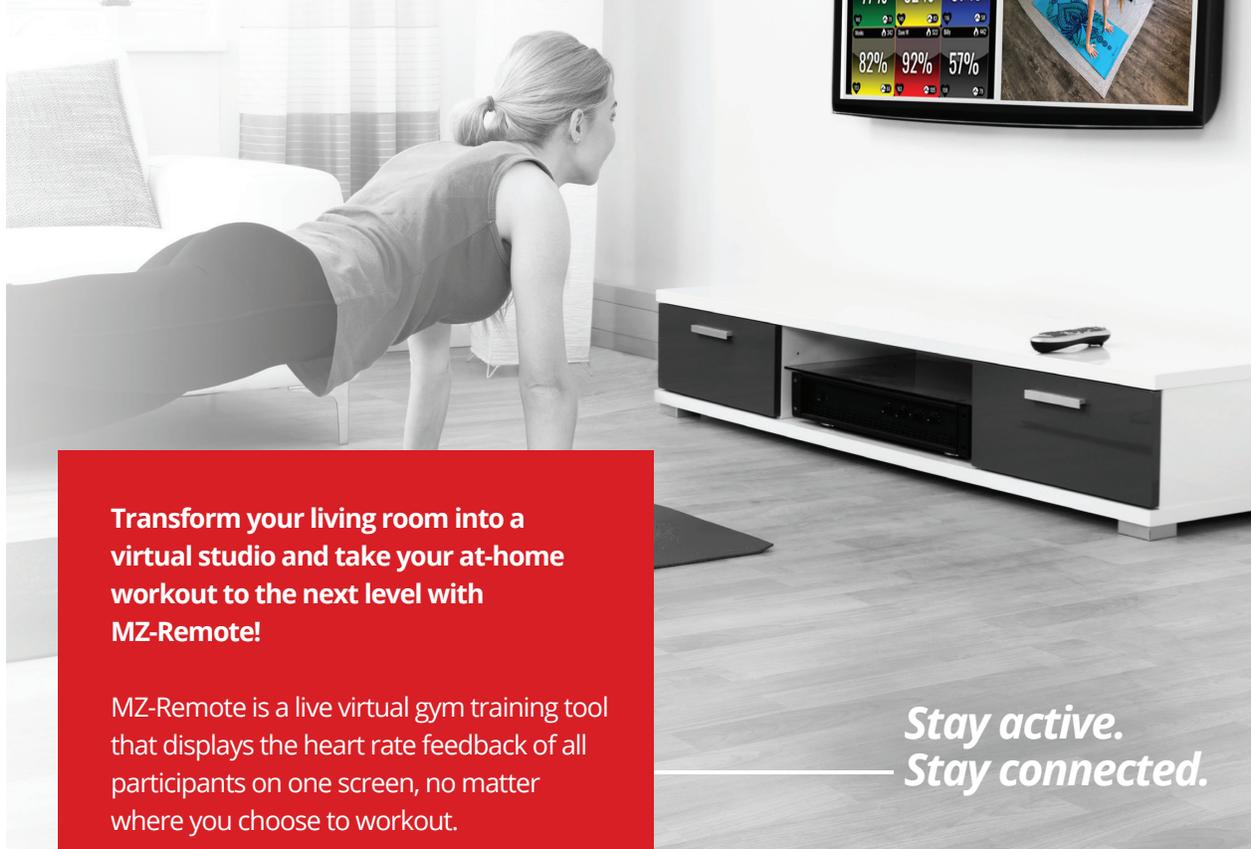
Hourly child care is available \$5 per Hour

Reservations are required.

TALK TO MEMBERSHIP TODAY

MZ-REMOTE

The unbeatable
virtual experience.



Transform your living room into a virtual studio and take your at-home workout to the next level with MZ-Remote!

MZ-Remote is a live virtual gym training tool that displays the heart rate feedback of all participants on one screen, no matter where you choose to workout.

You can work out with your gym buddies and take part in your favourite classes without needing to step outside of your front door.

Learn more at myzone.org/mz-remote

*Stay active.
Stay connected.*

How to get started:

- 1. Book a class in the app:** Reserve your space in the virtual class via the MZ-Book feature in your Myzone app.
- 2. Join the class:** Five minutes before the class begins, put on your belt and launch the app on your mobile.
- 3. Monitor live effort tracking:** View the instructor and live board on your mobile.
- 4. Replicate the studio experience:** For an improved experience why not screen mirror the Myzone app to your TV?



myzone.org/mz-remote | info@myzone.org

MyZoneBelts are available at the Peak Front Desk for purchase!

WHAT'S UP AT WEST BANK?

IT'S A BRAND NEW YEAR...

are you ready to MÜV and make the most of it?



MÜV FORCE

This class will not only improve functional strength for life's activities, but you'll see improvement in muscle tone and definition. MÜV Strong utilizes kettlebells, TRX, dumbbells, and a multitude of other options to help find your inner strength.

XTR 1000

This fast paced class will integrate high intensity interval training and dynamic strength sets, to not only get you tone, but to make your body a calorie consuming machine, not only during the session, but for hours after your workout. This occurs by our coaches motivating you to work your body in a position to have a strong caloric "afterburn effect".

2021 Holiday Hours

Easter | April 4 | Closed
Memorial Day | May 31 | 5 AM - 2 PM
Independence Day | July 4 | 6 AM - 2 PM
Labor Day | September 6 | 5 AM - 2 PM
Thanksgiving | November 25 | 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

www.peakgreatfalls.com