

NEWSLETTER

April 2021

Making Lives Better Through Fitness & Wellness



SPRING *into* HEALTH

and fitness

THINNER WINNER

Lose weight with your team for a chance to win \$1000 CASH!
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SUMMER SWIM LESSONS

Jump in the water with us and get ready for summer!
pg 6

NEW CLASSES

New times for Motivation Meditation, Les Mills BODYFLOW & Les Mills CORE!
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#PeakStrongAgainstCovid

How We Are Keeping You SAFE

OUR SAFETY FIRST MEASURES



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



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



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



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.



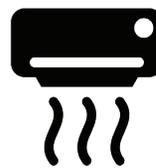
MatSana. Exercise mats in fitness centers can be harbingers of viruses and bacteria. Matsana makes a system that guides your mat through a high-intensity UV-C light chamber, killing greater than 99.9% of organisms on one pass.



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.



Reme Halo Unit. The Reme Halo acts as an extra air purifying resource in the cycle and group studios. Science has shown us that intense workouts happen about 3.2% of the time, which produces an aerosol effect. 96% of the intense workouts happen in a Cycle class. This exhaust fan can replace the entire volume of air in just a few minutes.



APRIL 11 - MAY 21

HELP GREAT FALLS LOSE 2,000 POUNDS!!

HERE IS WHAT YOU NEED TO KNOW:

WHO: We want YOU!

- Teams of four to six people to lose weight, lose inches and have fun
- Open to anyone in the community, ages 14+
- At least one non Peak member per team

WHAT: Results, Results, Results!

- Six week access to all Peak classes and facility
- Food plan to fit your life
- 6 EXCLUSIVE Thinner Winner workouts
- Motivational email coaching from Peak coaches
- Accountability with PRIVATE Facebook group

WHEN: Stop Making Excuses, When is NOW!

- Kick-off on Sunday, April 11 at 4 pm at The Peak
- All participants get their body composition measured with InBody, Fri. April 9 from 6 am – noon OR 3-7 pm
- Final measurements with InBody, Thurs. May 20 from 6 am – noon OR 3-7pm
- Thinner Winner Party on Friday night, May 21 from 5-7 pm
- Photos, results, appetizers, prizes, and FUN!

WHERE: Right here, Right NOW!

- Kick-off and Group Workouts at The Peak, 1800 Benefis Court
- Workouts anytime, anywhere! Your house, outside, or The Peak!

WHY: Why NOT feel better about yourself?

- Team that loses the greatest PERCENTAGE of body fat wins \$1,000!
- Individual prizes awarded to top men and women for great PERCENTAGE of body fat lost and most pounds lost.

HOW: Pickup your phone TODAY...LIMITED SPACE

- Cost is \$69 for members and \$129 for non-members
- Cash, check, credit card, or member card on file.

CALL 406.468.7365 OR VISIT WWW.PEAKGREATFALLS.COM TO DOWNLOAD AN APPLICATION.





Feeling Stuck? Boost Your Health Habits with the FLOWER Method.

Health Coach Tip of the Month

Devorah Werner - FIT Pro



Feeling a little stuck in your eating and exercising habits? Struggling to move beyond confusion and into action?

You may benefit from using the **FLOWER** hack as a way to help you move beyond feeling confused and stuck and into making active decisions.

- F**uture Self - ask what your wise self 10 years older would say.
- L**ove - what would love do?
- O**ptions - what could you do or choose to do?
- W**in Win - know that all options are good and you can't lose.
- E**nd Point - pick a deadline to make a decision.
- R**egret - what would you regret by not doing something.

Try using **FLOWER** for decisions like planning your work out schedule or choosing a few meals to cook this week. Your confidence will grow as well as your health.

Please contact me at devorahwernercoach@gmail.com if you would like help in implementing healthy habits into your life!

HeartSaver CPR/AED Certification

April 7 | 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

April 6 | 4 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

April 5 | 3 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.



Full Body Workout

Cardiovascular Workout of the Month

Kay Daniels - Fit Pro



For many people, a busy schedule is the toughest obstacle to overcome before they can take steps toward reaching their fitness goals. Even adding just 15 minutes a day offers many health benefits: a mood boost & stress reduction, and it can wake up your endorphins, burn calories, and start to build the healthy habit of regular exercise.

It is helpful to plan ahead of time and schedule your workouts on your calendar, just like any other appointment. Whether your goals revolve around looking better in your bathing suit, having more energy for longer days, or to just feel better every day, finding time to squeeze in mini workouts can add up to huge differences in your health & fitness levels.

Depending on your current fitness level, this workout can be done with or without dumbbells and you are able to control the pace that you are working at. Be sure to take rest breaks as needed or simply pick up the pace if you need more of a challenge. It is always a good idea to take a few minutes to warm up your body before a workout and cool down with a few stretches afterwards.

This workout is intended to work your total body in a time efficient manner. Each of the 5 sets are 3 minutes long. You will be alternating 20 reps of a cardio exercise with 10 reps of a combo strength move (with or without weights), which works several muscle groups at the same time.

Continue to alternate each set of moves for the entire 3 minutes, before moving on to the next set. Be sure to work at a challenging pace but listen to your body and rest when necessary.

- Set 1: High Knees – 20 reps each leg
Squat + Biceps Curl – 10 reps
- Set 2: Jumping Jacks – 20 reps
Side Lunge + Lateral Raise – 10 reps total
(5 each leg)
- Set 3: Cross Country Ski – 20 reps each leg
Reverse Lunge + Triceps Kickback – 10 reps total
(5 each leg)
- Set 4: Speed Skater – 20 reps each leg
Wide Squat + Shoulder Press – 10 reps
- Set 5: Butt Kickers – 20 reps each leg
Deadlift + Bent-Over Row – 10 reps



**CORPORATE
FIT
CHALLENGE**



Take your employees to the next level.
Accountability. Fitness Plans. Nutrition Help.

CONTACT US TODAY

SHANDA LERITZ
406.727.7325 ext. 240 | shanda@peakgreatfalls.com

Summer Swim Lessons

Our **Month Long lessons** are on **Tuesdays** and **Thursdays**

Our **Two Week lessons** are **Monday through Thursday**.

Each session consists of 8, half-hour lessons.

Month Long Session Dates

June 8- July 1, July 6-29, Aug 3-26

Two Week Session Dates

*June 7-17, June 21-July 1
July 5-15, Aug 2-12*

Member: \$45/Session

Non-Member: \$58/Session

Register and pay for 3 summer sessions and **SAVE \$20!**

Must be completed in one transaction to receive discount. No additional discounts on swim special. Valid through June 10.



Call: (406) 727-7325

Visit: 1800 Benefis Ct, Great Falls, MT 59405



Get Heart Healthy for Spring

FIT Pro Tip of the Month

Beth Munsterteiger - Fit Pro



The birthstone for April is the diamond and we have a gem that is a diamond when it comes to exercise - cardiorespiratory exercise!

Exercise that can improve all around health and wellness is exercise that increases the heart rate and works the heart muscle.

To me, health and wellness is more valuable than even the Hope Diamond, estimated at \$200 to \$350 million. Some would work tirelessly to purchase valuable gems, but when it comes to the priceless gem we have in our chest it only takes **15 to 30 minutes a day.**

Think of this exercise as mining for health.

- Walk to the mine for 10 minutes on the treadmill.
- Climb up the side hill by doing bench step-ups for 2 minutes.
- Carry the buckets of dirt by lunging with dumbbells 1 minute.
- Throw the unwanted rocks over the side by throwing the 6-pound medicine ball at the rebounder for 1 minute.
- Crush the rocks by slamming the 10- pound big medicine ball 1 minute.

You are half way there!

- Ride to the next mine on the bike for 10 minutes.
- Climb up the top of the mine for 5 minutes on the Step Mill

Celebrate because you've just found your priceless diamond, health and wellness!

With a healthy heart and fit body you can get out this spring and enjoy the many gems we have right here in Montana.

One of my clients goes out looking for the painted rocks around Great Falls. This is a great gem because it gets us out walking and enjoying the outdoors and that is priceless.

Class Highlight!



Moving Meditation

Wenesdays | 10 am | Mind-Body Studio

Moving Meditation is a seated or standing class using slow, deliberate movements to help improve balance, relieve stress and anxiety, and increase mobility. The movements allow the body to stretch the soft tissue and rotate the joints in a gentle way, gradually strengthening the overall structure. The precision used allows the body to rebuild old or damaged pathways, or create new ones, reinforcing the nervous system, and "reminding" the mind and body where we are in space. This class gives you an opportunity to slow down. The conscientious movements allow you to relax and quiet your mind as you focus on the movements.



Les Mills BODYFLOW

Mondays | 5:05 am | Group X

Tuesdays | 9:45 am | Group X

Les Mills BODYFLOW is a motivating blend of new yoga that features elements of Tai Chi and Pilates. It is designed to build strength, improve flexibility and leave you feeling calm and serene. BODYFLOW can improve balance and functional performance and can also drive reductions in anxiety, as well as significant increases in core strength and hip mobility.



Les Mills CORE

Wednesdays | 5 pm | Mind-Body Studio

Fridays | 12:15 pm | Group X

Les Mills CORE focuses on muscles around the core and provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CORE have options, so it's challenging but achievable for your own level of fitness. During the workout, you will be guided through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

NEW KIDS FITNESS CLASSES

Starting April 12

Stay tuned for more info!



Add Flavor & Nutrition to your Diet with Microgreens

Nutritional Tip of the Month

Nadine Corda- FIT Pro



Early spring is a time of hope and potential, and a feast for the senses: the trees start to bud out, plants begin to emerge out of the muddy soil, birds are singing, the air smells like fresh rain, and there is a rush of excitement upon spotting the first robin bobbing about the grass looking for worms. In early spring our bodies naturally crave greenery. We crave seeing the new leaves begin to grow, and we crave feasting on green plants to clear out the sluggishness from winter. A perfect green food to include in your diet in the spring is microgreens.

What are microgreens? Microgreens are the tiny seedlings of vegetables or herbs such as broccoli, cabbage, basil, and many others. Microgreens are harvested when the seedlings are very immature plants. If left to grow they would eventually become mature vegetables or herbs.

What are the benefits of incorporating microgreens into my diet? First and foremost, microgreens are delicious! They can add a variety of complex flavors to just about any type of dish. Microgreens taste like a more concentrated form of the mature plant. For example, a

spicy radish will be spicier in its microgreen form. Microgreens are nutritional powerhouses. A microgreen has all of the potential within it to grow into a mature plant. Just like the concentrated flavors of microgreens, all of the nutrients and antioxidants found in a mature plant are concentrated into the potential of the tiny seedling.

How do I incorporate microgreens into my diet? Microgreens can be cooked into dishes, but they are best eaten raw to retain maximum nutrients. Sprinkle them over scrambled eggs, omelets, frittatas, pizza, stir fry, soups, salads...you get the picture. Use them as an alternative to lettuce in tacos, burgers or sandwiches. They can also be blended into smoothies. The possibilities are endless!

Where can I find microgreens? Microgreens can be found in the produce section of most grocery stores. Be sure to check the sell by date to make sure they are fresh. Another way to obtain microgreens is to grow them yourself. It's so easy and fun! It is such a joy to watch the cute little seedlings emerge out of the soil!

1. Scatter seeds over an inch of potting soil in a tray, and cover with another thin layer of soil.
2. Mist the soil with water, and place near a source of sunlight.
3. Mist the seeds daily to keep the soil moist.
4. Microgreens are ready to harvest in 7-21 days when the first pair of leaves, called cotyledons, emerge. Be sure to cut the stems above the soil line, and rinse them well before using.

Springtime Microgreens Salad

Serves 2

- 1 cup microgreens
- 1 medium avocado, cubed
- 6 radishes, thinly sliced
- 1 Pink Lady apple, cubed small
- 1-2 tablespoons fresh lime juice
- Olive oil, to drizzle
- Sea salt, to taste

EXERCISES OF THE MONTH

GENERAL STEP UP



PILATES SINGLE LEG CIRCLE



YOGA LOTUS MUDRA



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



Overcome & Take Control of Your Life.



Discover why Small Group Training could be right for you!

Enjoy personalized attention from your instructor and the encouragement from your group! Through different training philosophies you will gain full body strength and body awareness.

Classes Offered: TRX Functional Training, Primal, Metabolic Training aka HIIT, Springboard, Dynamic Yoga, Tai Chi, Praying Mantis, TRX Barre, Spartan and Joint Stability & Strength.

CONQUER CLASS SCHEDULE: March - April 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 AM		Dynamic Yoga - Nadine		TRX Barre - Jen	
12:15 PM			Springboard - Jamie		
5:30 PM	Spartan - Jen	Joint Stability & Strength - Katie	Praying Mantis - Don	Spartan - Jen	

Cost: \$79 per Member; \$94 per Non-Member

EMAIL SHANDA@PEAKGREATFALLS.COM FOR SIGN UP: FOR MEMBERS. AGES 14+.

WHAT'S UP AT WEST BANK?



Become Part of a Tribe
Are you ready to take on your next challenge? Are you ready to blast past your goals?

JOIN THE MÜVMENT!

MÜV Tribe is a heart rate monitored functional training program, new to The Peak West Bank Landing! Both morning and evening small group classes are available from Monday through Friday, so it can fit any schedule. Check out the monthly class schedule online!

\$39.00
PER MONTH

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