

NEWSLETTER

March 2021

Making Lives Better Through Fitness & Wellness

**WE'RE
MAD
ABOUT
FITNESS**



THINNER WINNER

**Form your team and compete for
a chance to win \$1,000!**

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LES MILLS MARCH MADNESS

**Enter the bracket challenge
for PRIZES!**

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JR RACQUETBALL CAMP

**Have fun & learn a
new skill!**

pg 13



HELP US PREVENT THE SPREAD OF
RESPIRATORY DISEASES LIKE

COVID-19



WEAR YOUR MASK!

You MUST wear your mask unless actively exercising.

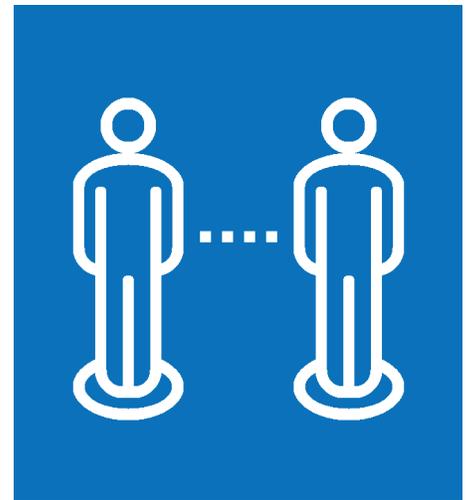
This includes:
Lobby, Locker Rooms,
Hallways, Entering & Exiting
the Club, & Fitness Floor In
Between Machines.



CLEAN & DISINFECT!

Please wipe down machines before and after each use.

Use the red Sanitation Carts
placed throughout the Fitness
Floor to clean and disinfect your
equipment before and after
use.



SOCIAL DISTANCE!

Keep 6-to-8 feet away from others.

Use every other piece of gym
equipment and stay on marked
spots when at check-in or when
in line elsewhere.

THANK YOU FOR YOUR COOPERATION

Our primary concern is for the health and wellness of our Members, Guests and Employees.



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.





Hill Running Workout

Cardiovascular Workout of the Month

Jen Brown - Fit Pro



As the weather gets nicer, many are looking to get outside. Whether you're looking to run, hike, or head out for a round of golf, chances are you are going to encounter hills. Here is a workout that will have you conquering those hills with ease in no time.

Warm-up

Run or walk 1 minute each at 0%, 2%, 4%, 6% & 8% incline. The goal is to keep your pace the same throughout the entire 5 minutes.

Circuit 1 (Complete 3 rounds)

1. 20 – Alternating Dumbbell Step-Ups
2. 20 – Goblet Squats
3. 20 – Box Jumps
4. 20 – Skater Jumps

Repeat 5 minute hill run.

Circuit 2 (Complete 3 rounds)

1. 10 – Deadlifts
2. 20 – Dumbbell Reverse Lunges
3. 40 Sec. Wall Sit
4. 20 – Elevated Glute Bridges (Feet inclined)

Repeat 5 minute hill run.

HeartSaver CPR/AED Certification

March 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

March 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 AUTHORIZED TRAINING CENTER



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

March 10 | 2:30 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.



LES MILLS

MARCH MADNESS

BRACKET CHALLENGE

SATURDAY, MARCH 20 - SATURDAY, APRIL 3, 2021

ALL NEW LES MILLS RELEASES. ALL NEW MUSIC.
ALL NEW AND IMPROVED MOVES. TWO WEEKS LONG.

LES MILLS **sprint** LES MILLS **RPM** LES MILLS **BODYFLOW** LES MILLS **BODYCOMBAT**
LES MILLS **BODYPUMP** LES MILLS **BODYSTEP** LES MILLS **GRIT** LES MILLS **CXWORX**

Pick up your bracket at the front desk or in the studios for a chance to win fantastic PRIZES! Members are encouraged to bring their non-member friends and family to any Les Mills class for free all two weeks at both locations!



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.

- 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.



Getting Ready for Spring

FIT Pro Tip of the Month

Katie Brooks - Fit Pro



activities we've been missing since the fall like tennis, golf, and hiking!

Before the season starts, think about what you would like to be doing in the next few months and start to train your body to be ready for these things.

If you're unsure where to start, begin with the end goal in mind. What activity do you enjoy? When does it usually begin? What movements are essential to performing your activity? Is cardiovascular fitness required?

Narrow down your end goal until it is specific, measurable, attainable and realistic within your given timeframe. The next step is planning the weekly process goals to support the end goal. Be specific with when you'll workout, for how long, doing specific exercises and how many days a week.

Thanks to Montana's ever changing weather, we will inevitably be reminded that spring is coming soon. And with spring comes all the outdoor and recreational

Starting now will help you be successful and enjoy your activity all summer!

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



#PeakStrongAgainstCovid

How We Are Keeping You SAFE

OUR SAFETY FIRST MEASURES



Masks. All members and employees are required 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.



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.



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.



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.



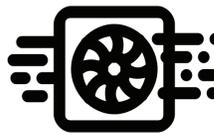
Group Fitness Classes. All Group, Cycle and Aqua classes have limits on participants so that everyone is exercising at least 6 feet apart.



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.



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.



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.



Staying Positive & Dealing with Stress and Anxiety

Health Coach Tip of the Month

Lori Louks - Certified Personal Trainer



“Life is like a box of chocolates, you never know what you’re going to get.”

This famous saying has never been more true than it is today. 2020 has brought on a lot of emotions from the past year’s events, events that can easily cause anxiety and/or depression.

One of my New Year’s resolutions is to be more positive. Does this mean I have to be Sandy from Grease? Absolutely not. What it means is that I am going to try and find the positives amongst the negatives.

These are the steps that I’m following to try and help my own personal mental health:

1. Less social media
2. Don’t entangle yourself in situations you don’t have to be involved in.
3. Reading enlightening books.
4. Dwell on things only for the amount of time they truly deserve and then move on.

Other ideas would be to join an exercise class or hire a personal trainer so you can have the social aspect. Wellness is not just physical so take care of your body as a whole.

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

Family Fitness Classes!



Mondays | 4:15-4:45 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. Sign-ups are required.*



Beet Benefits

Nutritional Tip of the Month

Jamie Brooks - FIT Pro



Beet Salad with Goat Cheese

Serves 4; Calories per serving 295

Ingredients:

- 4 cups fresh spinach
- 2 large cooked red beets, cut into 1 inch cubes
- 4 oz goat cheese
- ½ cup halved walnuts
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 Tbsp honey
- ¾ tsp salt

Beets come in a white and gold variety but the best source of nutrients come from the deep purple red beets. These beets contain betaine which can aid in lowering blood pressure and also has anti-inflammatory properties. They contain nitrates, which can help to prevent blood clots in the body. Red beets are also a good source of magnesium, folate and iron.

Try out this easy beet salad recipe to get all the nutritional benefits from red beets!

1. Add spinach and beets into a bowl or large platter.
2. Sprinkle chunks of goat cheese over spinach and beets. Top with halved walnuts.
3. Add olive oil, balsamic vinegar, honey and salt into a small bowl and whisk until combined.
4. Pour dressing over salad and serve!



Take your employees to the next level.

CORPORATE FIT CHALLENGE

...and get healthier right alongside your co-workers! Our focus is on improved health and well-being, plus increased energy and physical fitness for everyone.

Participate in the program and take the first steps to **FEELING BETTER!**

Accountability. Fitness Plans. Nutrition Help.

Did we mention...incentives?

Attend weekly group workouts and win PRIZES!

CONTACT US TODAY

SHANDA LERITZ

406.727.7325 ext. 240 | shanda@peakgreatfalls.com

EXERCISES OF THE MONTH

YOGA SIDE PLANK



PILATES SINGLE LEG STRETCH



GENERAL BOX JUMP



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!

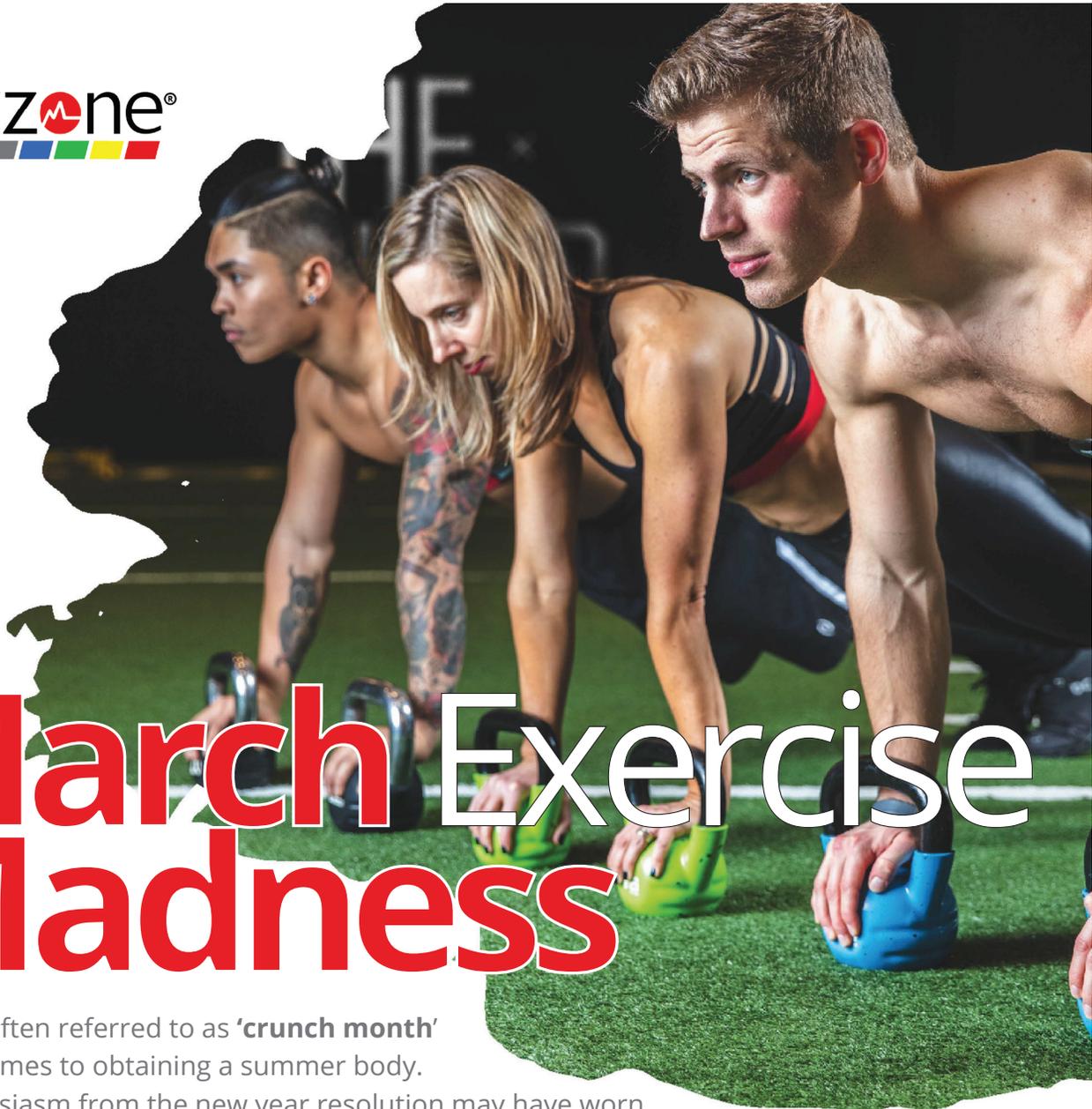
**Pricing: Primary = \$20 per Month
Second Add-on = \$15 per Month
All Other Add-Ons + \$10 per Month**

Child care is limited to 2 hours a day

Hourly child care is available \$5 per Hour

Reservations are required.

TALK TO MEMBERSHIP TODAY



March Exercise Madness

March is often referred to as ‘**crunch month**’ when it comes to obtaining a summer body. The enthusiasm from the new year resolution may have worn off and the long summer days are just a few months away. It is the month of March that counts - we have made March a game!

HOW TO GET INVOLVED

Buy a MyZone physical activity belt at the service desk and receive free entry to the challenge. Just start exercising and you will earn your MEPs.

THE CHALLENGE

If you earn 1500 MEPs you will gain 1 entry into the prize drawing.

WHO SHOULD PARTICIPATE

Those committed to looking their best for summer, wanting a short focus-boost for summer or needing to make exercise a game.

DATES

STARTS: March 1

ENDS: March 31

BONUS PRIZES

You can earn an entry to an additional prize for every extra 300 MEPs over 1500.

Are you up for the challenge?

Get your belt. Earn the points. Meet the challenge.
See the Front Desk for details.

MyZoneBelts are available at the Peak Front Desk for purchase!



KIDS RACQUETBALL CAMP

HAVE FUN & LEARN A NEW SKILL!

Team Building & Group Skills! Opportunities for Lessons, Camps & Leagues!

Pre-Registration is required; Sign up at the Service Desk or call 406.727.7325!

Cost: Member (\$15 per Camper)
Non-Member (\$25 per Camper)

AGES 6+

**SATURDAY
MARCH 13
9 AM - 12 PM**



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