

# NEWSLETTER

May 2021

Making Lives Better Through Fitness & Wellness



## **GET MOVING IN MAY**

### **A NEW Peak App!**

Sign in, track your workouts, view the class schedule & more!

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### **New Kids Classes!**

Classes that teach strength, movement, self defense & more!

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### **MyZone May Challenge**

Join the challenge and switch up how you can earn your MEPS!

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# Together, we are Peak Strong!

JOHN BOLL | *General Manager - PEAK Brands, Great Falls*

After monitoring COVID cases in Cascade County, the Peak has noticed no spikes or increasing in positive case numbers. In addition, the daily total average has remained very low.

**This means that the Peak will no longer require class sign-ups starting May 10. All classes will return to normal load and occupancy.**

Peak has invested in air filtration systems that provide a clean, healthy environment for your workout. We now know that the CDC says that 99% of COVID transmissions are contracted through the air. Our AirPHX and Reme-Halo units are placed throughout the Club and are constantly purifying the air to address all aerosol scenarios in all social settings, including the gym floor and class studios where high intensity workouts are happening.

We appreciate our members as we work together on safely transitioning out of COVID safety precautions. Our #1 goal is the safety of our members and employees!

## **AirPHX Units**

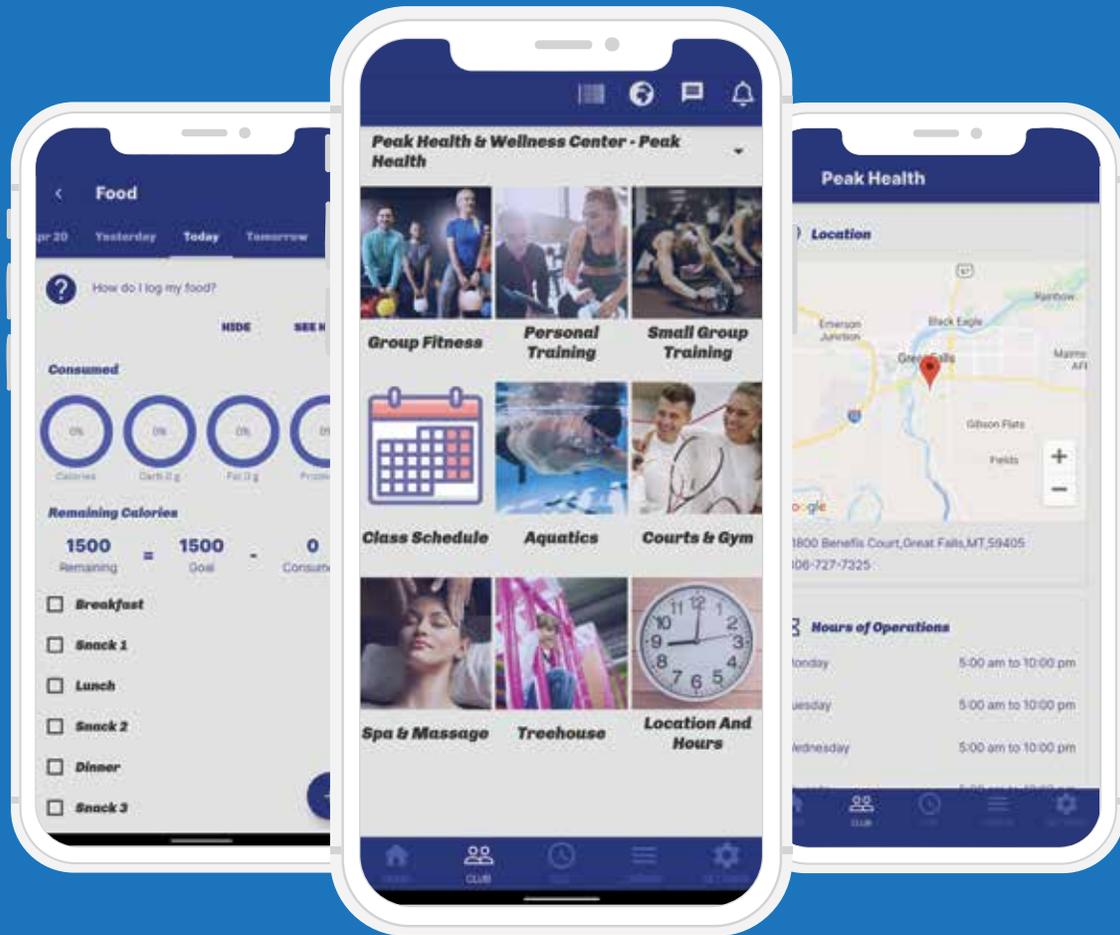
AirPHX is the leading edge in sanitation technology. They produce a proprietary blend of oxidizing molecules that are generated when ambient air goes through a plasma cell. These are molecules that occur naturally in most environments, but airPHX produces them in a unique mixture and in levels that are both extremely effective in killing germs and well below safe levels as established by health regulations.

This air sanitation process requires no chemicals or liquid additives making it organic and safe. This process also eliminates those annoying odors associated with fitness centers! We have installed three units at the Peak Main and one unit at West Bank Landing.

## **Reme-Halo Units**

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. Using the science and taking the numbers into effect. As an extra precautionary measure, Cycle and Group Fitness Studios at both Peak locations now have Reme-Halo units installed. In places where people are working out harder, such as the cycle studio, these exhaust fans can replace the entire volume of air in just a minute or so.

# COMING SOON...



## WE HAVE A NEW APP!

Scan In | Track Workouts | Class Schedules

ready  
for download  
May 10!





# Be Mindful When Eating

## Health Coach Tip of the Month

Jamie Brook - FIT Pro



Try these easy tips while eating your balanced meals throughout the day.

Mindful eating is as simple as being attentive and aware of what you are eating and putting into your body. Practicing mindful eating can help us to balance out energy intake and have a healthy relationship with food.

1. Sit at the table while you eat. Sometimes eating on the go is more convenient, however it is difficult to completely gauge how much you are actually consuming. Practice eating the majority of your meals at the dinner table and be aware of how much you are eating.

2. Resist eating straight from the box or package. Portion out your food onto a plate and bowl so you have a visual of how much you are eating.

3. Remove all distractions while eating. Turn off anything with a screen, like your phone, computer, ipad, tv, etc. This leads to more mindful eating by once again being aware of how much you are consuming.

4. Take smaller bites and chew your food completely. You can focus more on the smell, taste and texture of the food you are consuming. Attempt to get 15-25 chews out of each bite.

5. Try putting your utensils down after each bite. Don't pick them back up until you have swallowed what you have in your mouth. This will also help with getting in your adequate amount of chews for each bite.

6. You don't have to finish your whole plate.

# 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.



# Full Body Hiker's Workout

## Cardiovascular Workout of the Month

Jen Brown - Fit Pro



Complete each exercise for 1 minute with 30 second rest between. Repeat for a total of 2-4 rounds.

1. Alternating Jumping Lunges
2. Skater Jumps
3. Alternating Side Planks
4. Eccentric Calf Raises
5. Burpees
6. Beast Kick Throughs
7. Surrenders
8. Lateral Squat Walks
9. Alternating Plie Squats
10. Pike Push-Ups

### HeartSaver CPR/AED Certification

**May 5 or June 2 | 5 PM | Conf. Room | \$65**

Classes include adult, child, and infant certifications. Participants can take any or all modules.

Adult only certification usually lasts 1 ½ hours. Adult/Child lasts 2 hours and Adult/Child/Infant lasts 2 ½ to 3 hours.

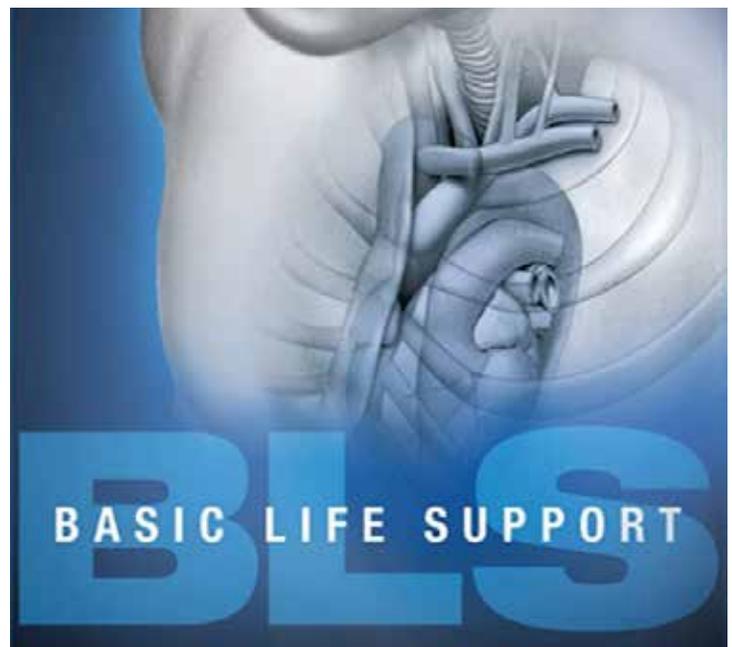
We teach and test skills on how well students use an AED, how well they perform compressions and give breaths. Participants practice compressions and breaths with and without a mask. If participants cannot kneel on the floor we will set up tables.

### HeartSaver FIRST AID Certification

**May 4 or June 1 | 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

**May 3 or June 7 | 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](mailto:beth@peakgreatfalls.com) or call 468-7368.**

# MIND/BODY TRIBE

**MONDAY, MAY 24**

**1:30 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.*



**Facilitated By**

Nadine Corda

RYT200 Hour Certified Yoga Teacher



# Summer Swim Lessons



*Each session consists of 8,  
half-hour lessons.*

## **Month Long Sessions**

*Tues & Thurs, 30-minute classes*

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

## **Two Week Session Dates**

*Mon-Thurs, 30-minute classes*

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

**Member: \$45/Session • Non-Member: \$58/Session**

Register and pay for 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 | Online: [peakgreatfalls.com](http://peakgreatfalls.com)



# Balance In All Things

FIT Pro Tip of the Month  
*Kia Mathews - FIT Pro*



We know that physical balance is important. It keeps us from falling down or merely tripping over something. However, we also need to look at balance in our lives. We need strength and calm; endurance and flexibility. Ideally, as we work out, we will keep in mind more than just nutrition, heart rate, and calories burned.

When we are lifting weights, we need to do cardio, as well as some stretching and relaxation techniques. Everything works in conjunction. Muscles get tight after a workout, and need to be stretched to help recover and avoid injury. Our minds need recovery as well. A hard workout can be a great stress reliever, but relaxation techniques, even conscious, controlled breathing as you do your cool down and stretching exercises can help to reduce overall tension, as well as helping to control future stressful situations.

A quick, easy breathing/physical relaxation exercise is to stand or sit with your feet hip width apart, and as you breathe in, let your arms float up to shoulder height. As you exhale, let them float back down to your sides. Try to keep your arm movements in time with your breaths, increasing or decreasing the speed to line everything up. Work to slow your breathing, so you are taking long, smooth breaths. This is a great exercise because it is easy, and does not require much space and no equipment.

## New Kids Classes!

Through May 26. More classes coming in summer!



### Peak Little Movers

**Who:** Ages 3-5

**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. Limited to 10 kids. 30-minute classes.

**When:** Mondays @ 10 am in Court 4

Wednesdays @ 9:15 am in Court 4

Fridays @ 10 am in Court 4

### Peak Fit Kids

**Who:** Ages 6-12

**What:** 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. Limited to 12 kids.

**When:** Mondays @ 4:30-5 pm in Gym

Wednesdays @ 4-4:30 pm in Gym

### Peak Little Dragons

**Who:** Ages 6-12

**What:** Beginner martial arts class focusing on awareness, balance, tumbling, and age level self-defense. Limited to 12 kids.

**When:** Tuesdays @ 5:30-6:15 pm



## 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](mailto:shanda@peakgreatfalls.com)



# Kick that Sugar Addiction!

## Nutritional Tip of the Month

Kaylee Harris - FIT Pro



I have a sweet tooth. Some research suggests that I can blame my DNA but I blame it on being an American. The American Heart Association recommends

added sugar intake to 100 calories a day for women and 150 for men. On average, Americans consume 24 teaspoons of sugar every day which translates to 350 calories from sugar alone.

The American Heart Association states that added sugars from that Caramel Macchiato you drank this morning causes dyslipidemia or fat in your blood. Dyslipidemia, in turn, causes high blood pressure, cardiovascular disease and many other problems.

Almost all processed food contains sugar. It's not hidden anymore if you are a food label reader. If you are not, time to be more attentive to what you put into your body. If sugar is one of the first three ingredients listed on the label, just say no.

**Nutrisystem has described six signs that you are consuming too much sugar.** I have experienced all six signs!

1. Excess weight : swap out the sugar sweetened beverages for unsweetened seltzer or iced tea.
2. Breakouts: high sugar increases the hormones causes an insulin spike which causes inflammation throughout the body which translates into acne.
3. High blood pressure: one or more soft drinks per day increases the odds of high blood pressure.

4. High triglycerides: it's SUGAR NOT FAT that causes high triglyceride numbers.

5. You crave it and can't stop thinking about that candy! The brain sees it as a reward. It demands that sugar high and spikes the blood sugar.

6. Lack energy and hunger: the body is flooded with sugar then it try's to move all that glucose out of the blood which causes a roller coaster of peaks and valleys. Blood sugar drops and then you feel lightheaded and dizzy and then you are reaching for that sugar snack again to feel better. Constantly fighting the cravings all day.

### Suggestions to kick that sugar addiction:

1. Read food labels
2. Keep the blood sugar stable by eating healthy small meals and snacks throughout the day healthy fats, complex carbs, lean proteins.
3. The body has to work harder and burns more calories digesting raw fruits and vegetables than cooked and processed food.
4. If you are a true sugar addict like I am, just one candy bar doesn't work because one candy bar leads to four more and then the broccoli isn't as appealing anymore.

## EXERCISES OF THE MONTH

### GENERAL DEAD BUGS



### PILATES ROLLING LIKE A BALL



### YOGA HAPPY BABY



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.

# Win an MZ-Switch.

MYZONE CHALLENGE

Earn 2600 MEPs.

Tag @myzonemoves on  
Instagram or Facebook.

Tell us why you'd like to win.

**More MEPs = more entries.  
Good luck!**

Speak to a member of staff for more information.

\*No purchase necessary, visit [www.myzone.org/legal](http://www.myzone.org/legal)  
for Terms and Conditions.



## Thanks to Everyone who Participated in the MyZone March Exercise Madness!



**Cindy W.**  
Free Carwash



**Lynae M.**  
1 Month Free Membership



**Missy F.**  
Starbucks Gift Card



**Kristin K.**  
Free Carwash



**Jacque A.**  
Starbucks Gift Card

### March MyZone Recap

**1,119** Workouts

**203,875** MEPs (MyZone Effort Points) Earned

**746,563** Calories Expended

# 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 Strength.

## CONQUER CLASS SCHEDULE: MAY - JUNE 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 AM		<b>Dynamic Yoga</b> - Nadine		<b>TRX Barre</b> - Jen	
12:15 PM			<b>Springboard</b> - Jamie		
5:30 PM	<b>TRX Functional Training</b> - Jen	<b>Strength</b> - Katie	<b>Praying Mantis</b> - Don	<b>TRX Functional Training</b> - Jen	

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

**EMAIL SHANDA@PEAKGREATFALLS.COM FOR SIGN UP; FOR MEMBERS, AGES 14+.**  
406.727.7325 | 1800 Benefis Court, Great Falls MT 59405 | [www.peakgreatfalls.com](http://www.peakgreatfalls.com)

# 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

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

summer hours begin June 4!