

# NEWSLETTER

August 2021

Making Lives Better Through Fitness & Wellness

## HEALTH & FITNESS FOR THE WHOLE FAMILY



### Summer Challenge

Each class you attend is a chance to win PRIZES!

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### Marksman HIIT Small Group Training

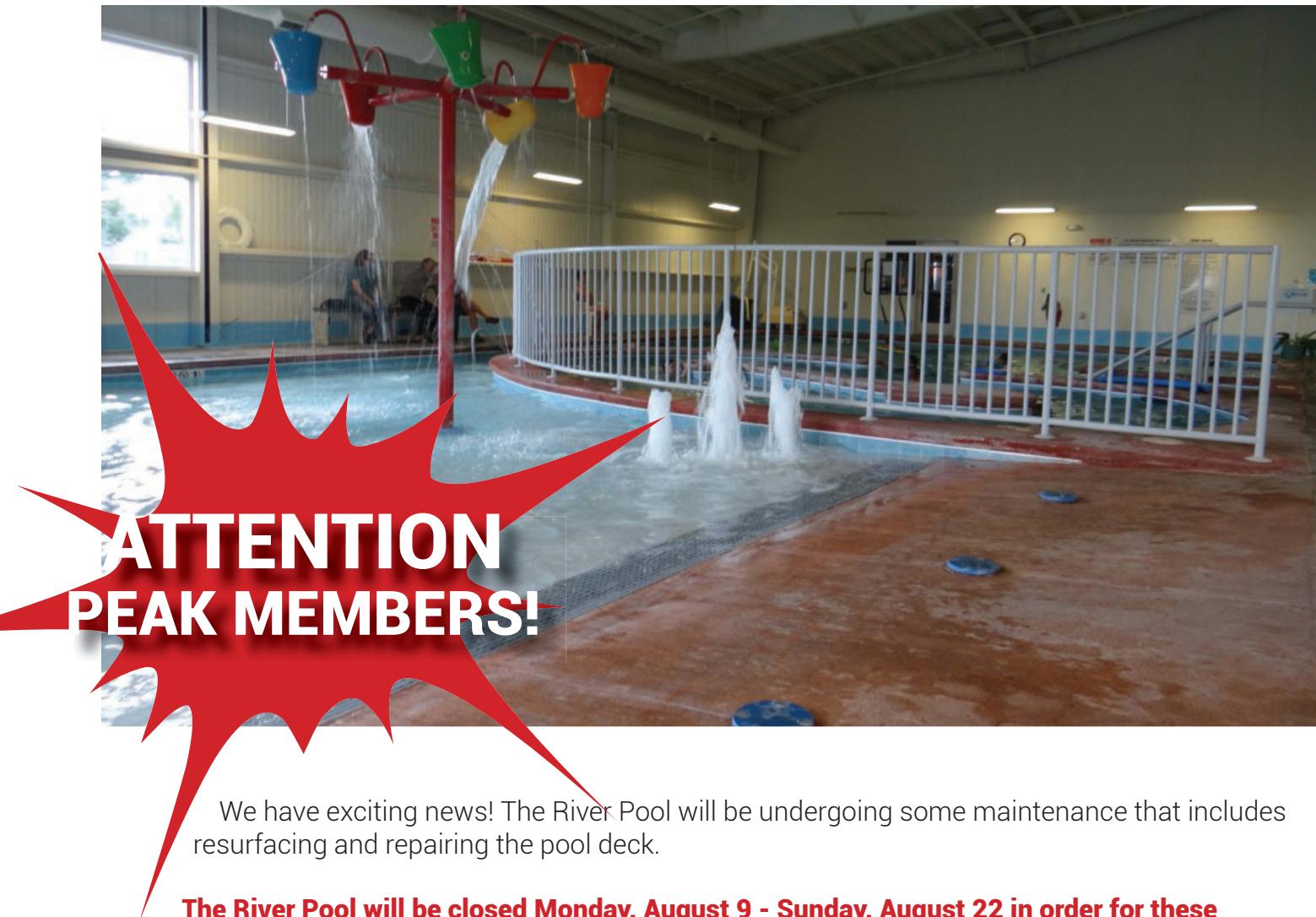
Personalized coaching to get you in your best shape for bow and rifle season!

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### Squash & Racquetball Leagues

Drop in on Wednesdays or Thursdays, and improve your game!

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## ATTENTION PEAK MEMBERS!

We have exciting news! The River Pool will be undergoing some maintenance that includes resurfacing and repairing the pool deck.

**The River Pool will be closed Monday, August 9 - Sunday, August 22 in order for these necessary repairs to be completed.**

**The River Pool will reopen on Monday, August 23!**

Please note that members using the Family Changing Rooms and the Boy's & Girl's Locker Rooms will be unable to go through the River Pool area during this time. Warm & Rec Pool usage rules remain the same.

**Thank you for your understanding!**



**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)



**WIN  
PRIZES!**

# **SUMMER CLASS CHALLENGE!**

**THROUGH AUGUST 20**

**Attend ANY fitness class at the Peak Health & Wellness Center or West Bank Landing**

- 20 classes attended gets Peak Sticker
- 25 classes attended gets Peak Water Bottle
- 30 classes attended gets Peak Insulated Water Bottle

**EACH CLASS ATTENDED GIVES ONE (1) ENTRY INTO PRIZE DRAWINGS!**

**Pick up your Entry Card from the Front Desk to participate.**



# Excercise with Family this Summer!

## FIT Pro Tip of the Month

Katie Brooks - FIT Pro



Here are some ways you can exercise with your family this summer:

Go on a scavenger hunt around the neighborhood with your kids. Look online for options for neighborhood scavenger hunts. If finding multiple things is too hard, you can count how many of one thing you see, such as how many bunnies we see on our walks.

Try out Folf. We have a course right here in Great Falls! Frisbees are cheap and the course is free to play.

Bring your kids to the park and play with them. Keep questions to a minimum, use your imagination, and follow their lead.

Great Falls has a lot of hikes and trails to explore. Check out <https://visitgreatfallsmontana.org/day-hikes/> for more info.

Head to the backyard and play a game of tag.

Try a race on a swing set. Pick a swing next to each other and see who goes highest first. Then try to match each other's pace.

When the weather is bad, have a nerf gun war inside.

Let your kids lead you through a workout. Follow whatever they say and do what they do.

Finding ways to move and exercise with your kids, not only helps both of you stay strong and healthy, but it also build your relationship! No matter what, don't forget to have FUN!

## PERSONAL TRAINING SALE!

\$26 OFF  
4-PACK PRIVATE TRAINING

\$36 OFF  
8-PACK PRIVATE TRAINING

THROUGH AUGUST 9



# Summertime Family Workout

## Cardiovascular Workout of the Month

Jen Brown - Fit Pro



With kids out of school, and families heading out on vacation, many find themselves struggling to find time to hit the gym. However, this is no excuse to skip the workouts!

Take this opportunity to involve the whole family in your workout. Be creative, and use the world around you as your gym. For example, head to the park to let the kids play and try this monkey bar workout. Include the whole family, and make a game of it!

Complete 5 rounds of the following exercises:

- 25 jumping jacks
- 5 jumping pull-ups
- 25 high knees
- 5 hanging leg or knee raises

### HeartSaver CPR/AED Certification

**August 24 & September 14 | 5 PM | Hazelnut Studio | \$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

**September 2 | 3:00 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

**August 26 | 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, AUGUST 23**

**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.*



**Facilitated By**

Nadine Corda

RYT200 Hour Certified Yoga Teacher



## Inspiring Healthy Lifestyle Habits in Children

Health Coach Tip of the Month

Beth Munsterteiger - FIT Pro

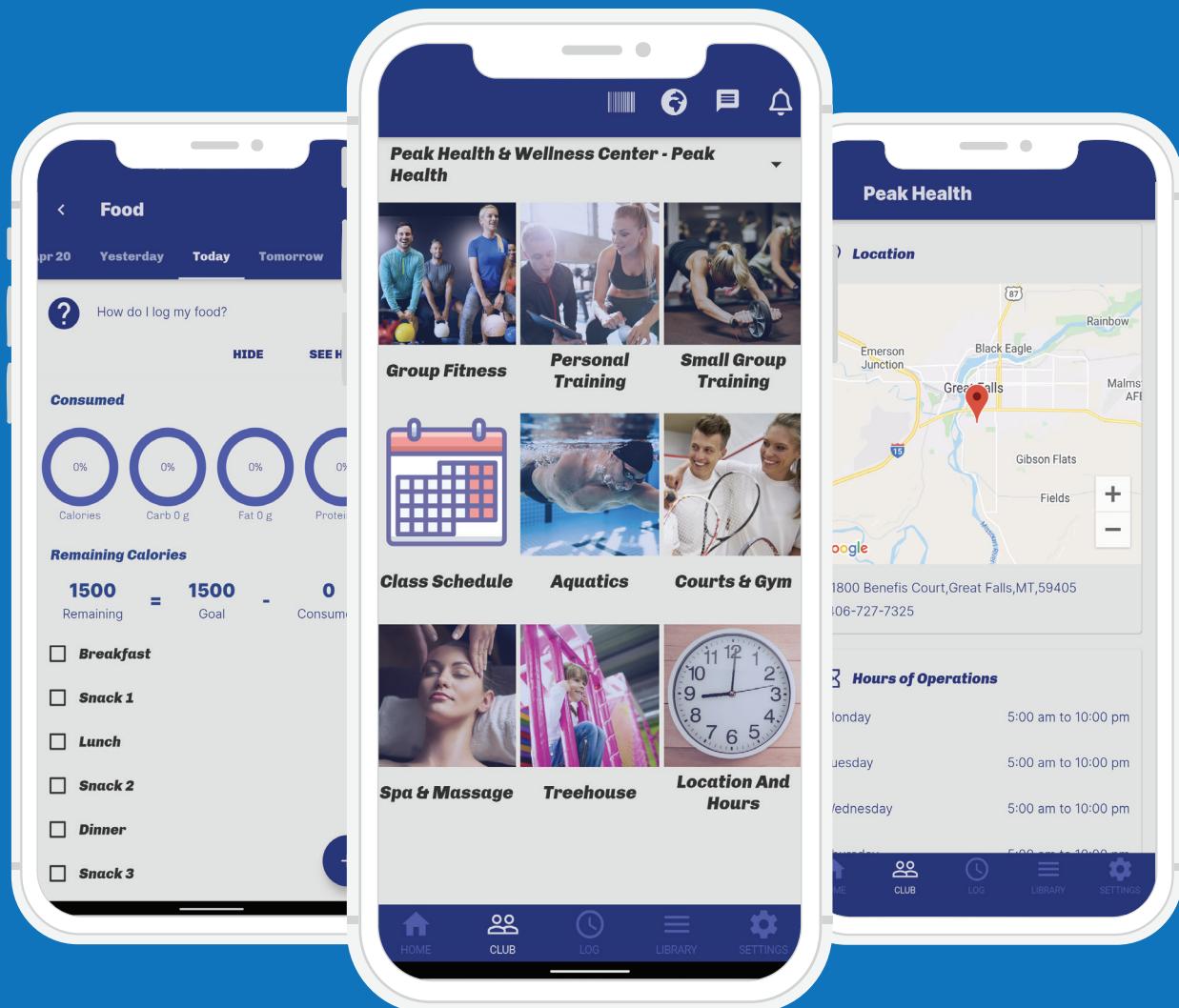


When I walk into the Peak to start my workdays, I get instant shots of positive energy from all the hard-working members starting off their days with exercise and fitness. Many of our members are not alone when they come into the Peak to do their workouts. I have had the honor of meeting couples, parents, children, and siblings of all ages working out together. **Families sharing fitness times together equals success for everyone involved leading to very healthy life-style, lasting for a lifetime.**

The CDC states only 24% of children between six and 17 get the recommended 60 minutes of daily physical activity, and less than 23% of adults meet the physical-activity guidelines for aerobic exercise and muscle-strengthening activities (Centers for Disease Control and Prevention, 2018).

Families who are members at the Peak exercise in a variety of ways including: basketball, pickleball, swimming, strengthening, cycling, racquetball and group classes. They encourage, motivate, support, teach, and challenge each other to do their best. Families have fun while working out together, encouraging and aiding each in staying fit and healthy.

The Peak staff and I find it very rewarding to train, teach, or lead family members through exercises that improve their health and fitness. The most rewarding outcome of our teaching and coaching is families who come together to exercise are more successful in developing healthy lifestyles and maintaining those lifestyles.



# WE HAVE A NEW APP!

Scan In | Track Workouts | Class Schedules

Improve your gym experience with the Peak App! Track your workouts, check out deals in the ProShop, join challenges for the chance to win prizes, and connect with others. **Scan the QR code and download the app today!**





# Montana Summer Food & Safety Tips

## Nutritional Tip of the Month

Devorah Wener - FIT Pro



### When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

### When cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

### When serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.

Source: Foodsafety.gov

## EXERCISES OF THE MONTH

### GENERAL DONKEY KICK



### YOGA CAT / COW



### PILATES SEAL



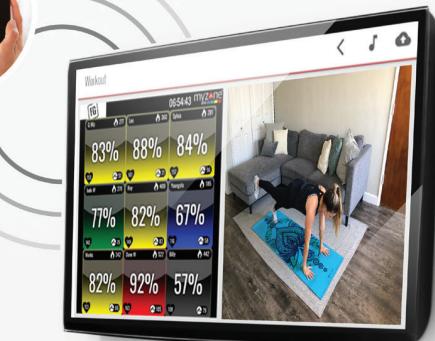
If you are a new member, don't forget to schedule your two new member Smart Start Orientation Sessions. For questions regarding any of the workouts, tips, or nutritional information, please visit with one of our Fit Pros.



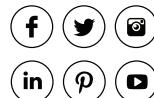
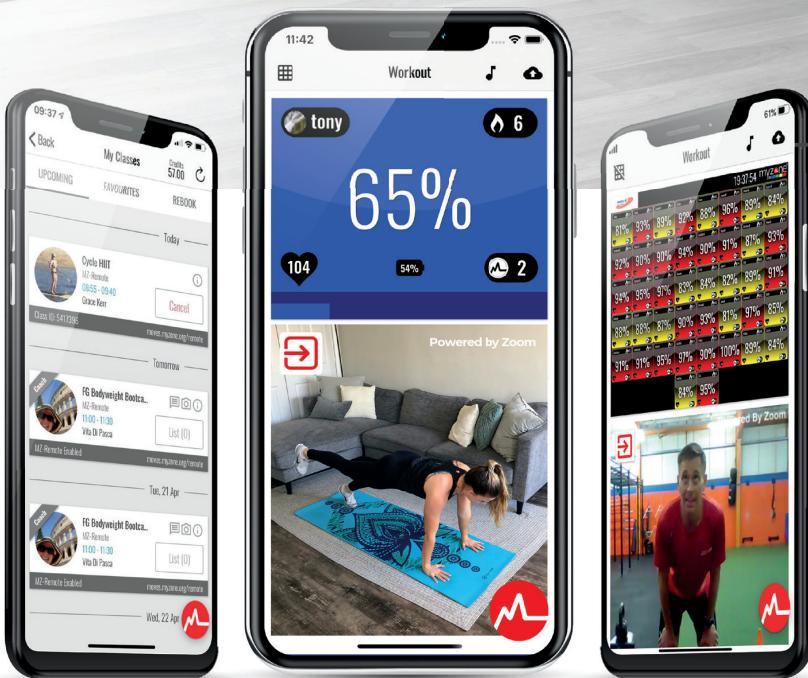
# MZ-REMOTE

The unbeatable  
virtual experience.

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.



*Stay active.  
Stay connected.*



[myzone.org/mz-remote](http://myzone.org/mz-remote)  
[info@myzone.org](mailto:info@myzone.org)

**Join us & learn more about MZ Remote!**

August 9 (9:30-10 AM) | August 10 (5-5:30 PM) | August 11 (9:30-10 AM)

**DON'T MISS THE MZ REMOTE DEMO!!! August 20 | 9 - 10 AM**



**M A R K S M A N**  
HIIT SMALL GROUP TRAINING

# GET IN SHAPE & STAY IN SHAPE

**F O R   B O W   A N D   R I F L E   S E A S O N !**

**AUGUST 2 - OCTOBER 28 | MONDAYS & THURSDAYS | 5:30-6:30 PM | COACH KAY**

JOIN OUR HIGH INTENSITY MARKSHMAN HIIT SMALL GROUP TRAINING. RECEIVE PERSONALIZED COACHING TO GET YOU IN YOUR BEST SHAPE FOR HUNTING SEASON!



**MEMBERS: \$75/ MONTH | NON-MEMBERS: \$90/MONTH**

CONTACT [SHANDA@PEAKGREATFALLS.COM](mailto:SHANDA@PEAKGREATFALLS.COM) TO SIGN UP



**DANGER!!! BOW & RIFLE HUNTERS AHEAD!!!**





# 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!**

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**TALK TO MEMBERSHIP TODAY**

Reservations are required. Limited to 2 hours a day.

DROP-IN

# RACQUETBALL / SQUASH

LEAGUE



## STARTING SEPTEMBER 22 & 23...

WEDNESDAYS | 5-7 PM | **SQUASH** WITH PRO BRIAN HALVERSON  
THURSDAYS | 5-7 PM | **RACQUETBALL** WITH PRO BUCKY LINDSTRAND

**NO RESERVATIONS NEEDED.**

**INTERESTED? HAVE QUESTIONS? CONTACT SHANDA**

SHANDA@PEAKGREATFALLS.COM | 406.727.7325 EXT. 240



# 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 - \$20 per Camper  
Non-Member - \$30 per Camper**

**AGES 6+**

**SATURDAY  
SEPT 11  
9 AM - 12 PM**



# 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 MUVMENT!

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

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-Thu: 5 AM-10 PM, Fri-Sat: 5 AM - 9 PM, Sun: 6 AM - 7 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