

NEWSLETTER

September 2021

Making Lives Better Through Fitness & Wellness



CELEBRATE
YOGA
MONTH

Pool Parties

Celebrate your child's birthday with a Pool Party!
pg 3

Less Mills Outdoor Launch

New routines, new music, food trucks, vendors, prizes & more!
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Kids Classes are BACK

Kids fitness classes are back on September 7!
pg 10



#PeakStrongAgainstCovid How We Are Keeping You SAFE

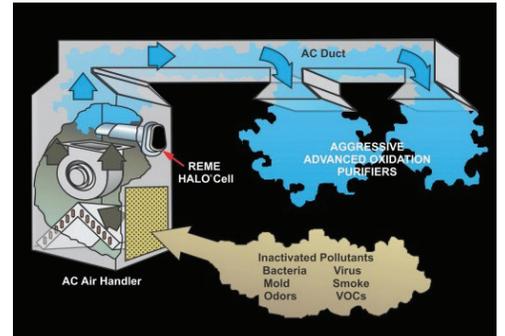
Your Safety is our #1 Priority!

See below the precautions that we are currently taking to keep members & employees SAFE!



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. 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!

RemeHalo Unit. Studies have proven air sanitization/replacement is one of the best ways to reduce virus and germ spread indoors. 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.



Masks are encouraged (not required) to be worn by members and staff unless actively working out.



Social Distancing. We encourage social distancing (6 feet) between all employees and members.



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



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.



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.

Pool Parties are Back!

Celebrate your birthday with us

Party Info

- 15 kids + \$5 for each additional child
 - 2 responsible adults are required for supervision.
- **Children under 5 must have an adult in the pool with them** (4:1 ratio)*

Cost: \$175/member \$195/non-member
Deposit of \$75 required to secure a birthday party booking at the Peak.

Party includes 2 hour use of pools and Hazelnut Studio. In the party room tables and chairs are provided, hosts may bring food, drinks and decoration. No alcohol or glitter/confetti.

No charge for adult guests who remain with the party group!

Available Party Days/Times

Saturdays

10am – 12pm | 1pm – 3pm | 4pm – 6pm

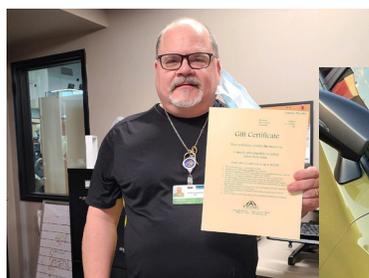
Sundays

1pm – 3pm | 4pm – 6pm

For additional information, call us at 406.727.7325, email charli@peakgreatfalls.com or visit peakgreatfalls.com/birthday-pool-parties.



Thank you to everyone who participated in the August MyZone Challenge!



Charles



Jacque

Winners:

- 1 month membership - Paul Nutter
- 1 month membership - Charles Marler
- InBody Test – Stephanie Polzin
- InBody Test – Lindsey Gustafson
- InBody Test – Joe Sullivan
- InBody Test – Vicki Robinson
- Peak Swag Bag – Michelle Sturm
- Peak Swag Bag – Misty Dietrich
- \$25 Gift Card - Katie Finnicum
- Car Wash - Jacque Albro
- Car Wash - Sandra Corbett



Sandra



Finding Your Edge

FIT Pro Tip of the Month

Nadine Corda - FIT Pro



In a yoga class you may have heard the instructor say, "Find your edge in the pose." This may have left you wondering, "What and where on earth is my edge?"

Your edge is where opportunities for growth and transformation take place. Finding your edge is not restricted to a yoga practice, it is applicable to all forms of exercise.

The edge is where you are still operating within your capacities, but are challenging yourself to go just a little bit farther, but not too far as to cause injury. It is a place of

positive discomfort! There are valid reasons for fearing your edge because danger lurks there, but so does growth. If fear prevents you from finding your edge then fear is preventing you from learning, progressing and developing to your full potential.

To safely find your edge and to grow beyond it, it takes great attention. Paying attention to how you feel in your physical practice instead of paying attention to how you look. It is taking internal cues rather than external cues.

Approach your edge and peek over the cliff, then back off a bit to a place where you are still challenging yourself and your edge is in sight, but you are able to observe and pay attention to your internal cues. Your body is adaptable and your edge is a living thing that changes daily. Once you have peeked over the cliff, backed off and observed, approach it again. This time your body will have gotten more comfortable with the edge and it will relax a bit. Repeat this cycle of approach, back off, observe and relax, then approach again. This is called "playing your edge."

Your edge can be a fun and exciting place to be, and can be an effective way to safely challenge yourself in any type of exercise.

EXERCISES OF THE MONTH

GENERAL TRX PIKE



YOGA WARRIOR



PILATES ROCKET



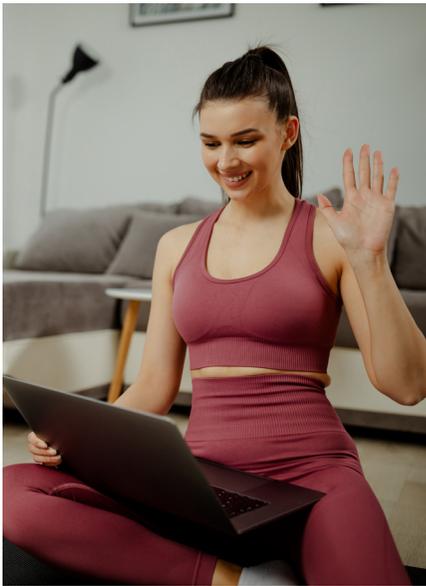
If you are a new member, don't forget to schedule your two new member Smart Start Orientation Sessions. For questions regarding any of the workouts, tips, or nutritional information, please visit with one of our Fit Pros.



Staying Connected

Health Coach Tip of the Month

Beth Munsterteiger - Fit Pro



Staying active throughout the week is highly encouraged by family, friends, doctors, nurses, researchers and our own Peak Fit Pros. Research has proven you can improve your health and fitness at any age. Strength will improve when you engage in a consistent resistance program and cardiovascular health can improve with moderate-intensity aerobic activity. The American College of Sports Medicine states that 150 to 300 minutes of activity is highly encouraged for health and fitness.

Coming to the Peak may not always be possible for some, but there are options you can take advantage of so you can stay active, healthy and fit. The Peak app offers many opportunities and will connect you to virtual classes, class schedules, trainers, workouts, advise and more. Fit Pros do zoom/virtual workouts with clients so they can conveniently and safely get a workout from their own home. The possibilities have broadened this past year and opened many doors for safe and effective activities. I encourage you to connect with Peak Fit Pros and staff and check out all the possibilities. Your health and fitness are our passion and we look forward to guiding and coaching you!

HeartSaver CPR/AED Certification

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 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

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

Healthcare Provider classes and skills testing is available at the Peak Health and Wellness Center. The Healthcare Provider BLS classes are scheduled as needed and costs \$45. The Heartcode BLS skills check-off is also available and usually lasts a half hour. You complete the online component that includes the written test and then call to schedule your skills checkoff.

For sign up or schedule a check-off, please email beth@peakgreatfalls.com or call 468-7368.



MIND/BODY TRIBE

MONDAY, SEPTEMBER 27
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



Yoga-Based Cardio Cardiovascular Workout of the Month

Nadine Corda - Fit Pro



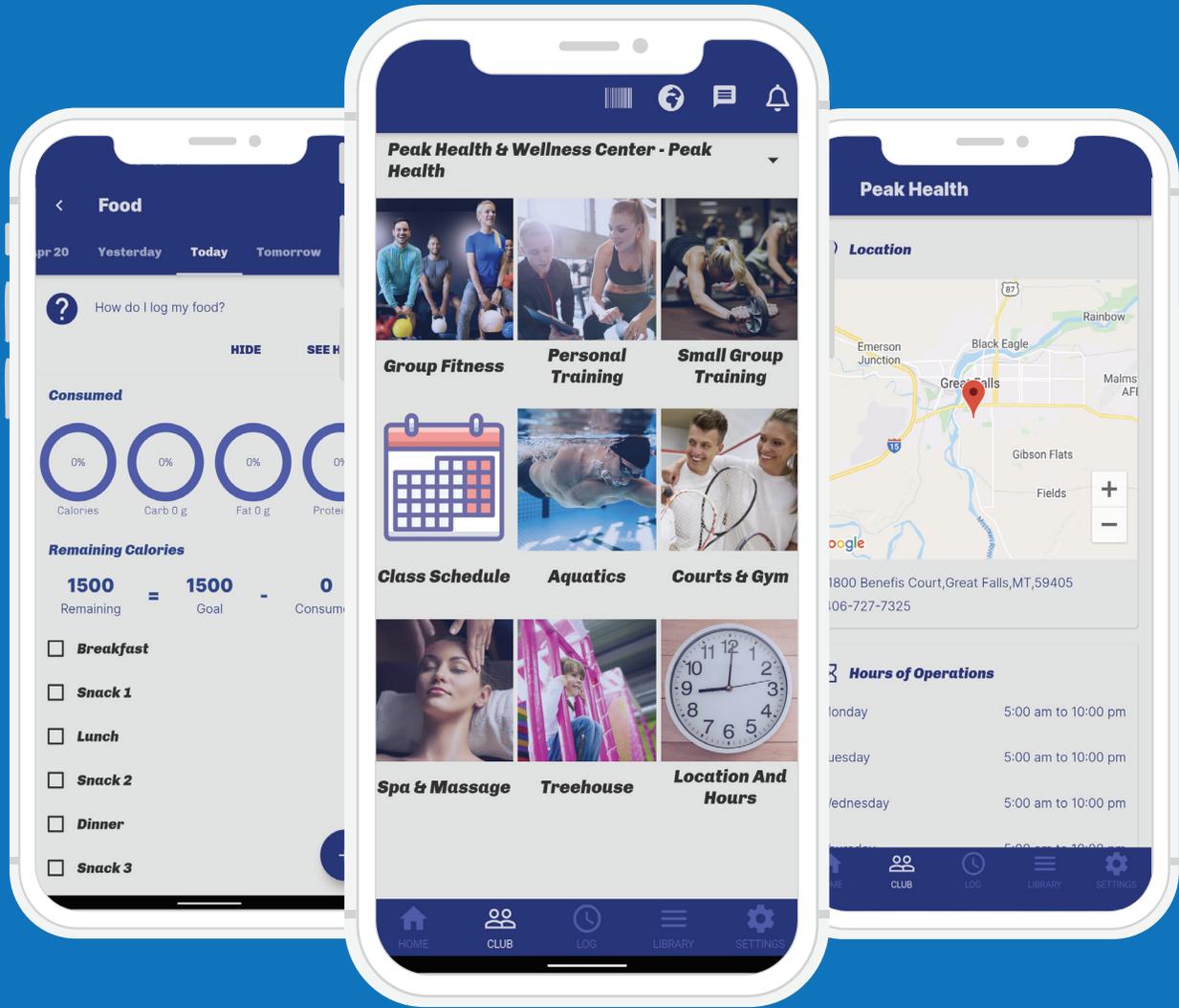
This yoga based cardio workout will challenge your cardiovascular system, and will strengthen and stretch your muscles. Breathe through your nose instead of your mouth. If you find yourself breathing through your mouth it is a good indicator that you have pushed too far. Hold back and recover until you can breathe through your nose and maintain good form. Breathing through the nose strengthens and increases your lung capacity. It also trains your nervous system to stay calm in times of stress.

Warm Up: Perform 4-6 rounds of Sun Salutations.

Cardio: Perform each exercise for 8-12 reps, then hold the final pose for 5 breaths. Perform 1-3 rounds of all five exercises, maintaining good form throughout.

1. Inhale: Crescent Lunge, Exhale: Knee Drive (optional hop with the Knee Drive), Hold Crescent Lunge
2. Inhale: Three Legged Dog, Exhale: Pigeon Pose, Hold Pigeon Pose
3. Inhale: Talasana (Rise to Tip Toes with Arms Overhead) or Jump, Exhale: Chair Pose, Hold Chair Pose
4. Inhale: Reverse Triangle, Exhale: Warrior 2, Hold Warrior 2
5. Inhale: Half Boat Pose, Exhale: Boat Pose, Hold Boat Pose

Cool Down Stretch: Hold each stretch for at least 8-10 full breaths. Butterfly, Half Frog (Prone Quad Stretch), Sphinx Pose, Child's Pose



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!**





Protein: How Much, When & What Type?

Nutritional Tip of the Month

Kia Mathews - FIT Pro



While most of us know we should avoid certain types of fats, too many carbs, and drink lots of water, there is still somewhat of a mystery around protein. Most of us think we are getting plenty, when in fact, we are not. Here, we will discuss how much protein you should be consuming.

Protein intake, like any other aspect of nutrition, depends upon age, weight, and activity level. Your friend or neighbor who is your size and age may have different protein needs because he or she is dramatically more or less active than you are. The same goes for someone as active as you, but at a different age or size. The research is ever evolving regarding how much protein we really need, and it is trending toward more and more than we thought we needed.

Aside from your own physical factors, whether you are getting your protein from animals or plants will make a difference. There are other nutrients, such as amino acids from animal proteins that we do not get from plants. There is generally more protein in a serving from an animal than a plant as well, making it easier to take in enough protein.

Another factor is WHY are we checking our protein levels? Are we trying to gain muscle, lose fat, both? Are we recovering from an injury or illness, aging, and/or endurance athletes? All of these issues affect how much protein we need.

Increasing our protein intake both helps our metabolic levels increase, and makes us feel more full, so we snack less. Protein also helps with muscle gain, and larger muscle mass just burns more calories throughout the day than a smaller mass. Not a huge amount, but every little bit helps. For weight loss, you can aim for 30% of your caloric intake to come from protein. To figure this out, if you know what your caloric intake is, or should be, multiply it by .075 to determine how many grams of protein you should be consuming per day. [1]

When trying to increase muscle mass, we need to look at the formula differently. When we increase our resistance workouts, or even cardio, we need to increase our protein intake, not only to keep our energy up, but also to rebuild the muscles we are damaging during our exercise.

This is where research varies greatly. The various studies show we need anywhere from 0.7 to a little over 1 gram of protein per pound of body weight, or 1.6 to 2.2 grams per kilogram of body weight. If you are aiming at weight loss and muscle gain, look at your lean mass or goal weight to determine protein intake. [2]

There is also, unfortunately, a great deal of misinformation regarding daily protein intake. Some have argued that too much protein can damage your kidneys, when in fact, appropriate protein consumption is shown to help with prevention and management of diabetes and osteoporosis, and lowering of blood pressure. [3]

How can we be sure we are getting enough protein? Meat, of course, has a lot of protein, but so does quinoa, nuts, eggs, and beans.



Kale and Quinoa Salad

- 1 cup quinoa, uncooked
- 6 cups chopped kale, de-stemmed
- 1/2 red onion, chopped
- 1 can black beans, drained and rinsed
- 1 cup corn

Cook quinoa according to package. Combine with remaining ingredients. You may add chicken or some other protein if you would like.

Dressing

- 1/4 cup fresh cilantro, loosely chopped
- 1 clove garlic, loosely chopped
- 1/4 cup fresh lime juice (about 2 limes)
- 1/8 cup sriracha (original recipe calls for 1/4 cup chili pepper or other kind of hot sauce, but the sriracha is amazing in it)
- 1/4 cup water
- 1 teaspoon maple syrup (I used Maple Sugar)
- 1/2 teaspoon cumin
- sea salt and pepper, to taste[4]

Blend well. Toss with salad. Enjoy! The dressing is an amazing, bright, spicy dip or marinade as well. I once made it for a party, and there was a competition to see if they could put it on everything I served and whether it could all be consumed in the course of the day. It's delicious!

Sources:

- [1,2,3] [healthline.com/nutrition/how-much-protein-per-day#weight-loss](https://www.healthline.com/nutrition/how-much-protein-per-day#weight-loss)
- [4] [onегreenplanet.org/vegan-recipe/spicy-kale-and-quinoa-black-bean-salad/](https://www.onegreenplanet.org/vegan-recipe/spicy-kale-and-quinoa-black-bean-salad/)



BETTER TOGETHER

**LES MILLS™
UNSTOPPABLE**

**FREE OUTDOOR
LAUNCH** at the
Peak West Bank
Landing!

FRIDAY, SEPTEMBER 24
OPEN TO THE PUBLIC!

Fun for the whole family!

Vendors | Food Samples | Prizes!

Door prizes given throught the day (including two FANTASTIC gift baskets)

LES MILLS™ CLASSES WILL LAUNCH HOT NEW ROUTINES & MUSIC!		
8:15-8:45 AM	RPM™	WBL CYCLE STUDIO
8:15-8:45 AM	GRIT™	WBL PARKING LOT
9:00-9:50 AM	BODYPUMP™	WBL PARKING LOT
10:00-10:55 AM	BODYCOMBAT™	WBL PARKING LOT

**LES MILLS
BODYCOMBAT**

**LES MILLS
BODYPUMP**

**LES MILLS
GRIT**

**LES MILLS
RPM**

Peak West Bank Landing | 401 3rd St NW, Great Falls, MT | 406.604.4428 | peakgreatfalls.com



KIDS Fitness CLASSES

STARTING 7th SEPTEMBER

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. **30-minute classes.**
When: Wednesdays @ 11 am w/ Kate
Fridays @ 10 am w/ Jason

PEAK FIT KIDS



Who: Ages 6-12
What: Every class is different and focuses on age appropriate high-energy cardio, flexibility, endurance and strength building. Motivating each child to achieve above of fitness, while having fun and building friendships. **30-minute classes.**
When: Mondays @ 4:30 pm w/ Travis

1800 BENEFIS COURT, GREAT FALLS, MT 59405
WWW.PEAKGREATFALLS.COM | CALL 406 727 7325

New Classes!

New Fall Schedule starts Tuesday, September 7!

Sundays 1:00 PM RPM,
1:00 PM LES MILLS GRIT
2:00 PM Multi-level Yoga

Mondays 1:00 PM Basic Syngry

Tuesdays 5:05 AM BODYCOMBAT

Kid's classes are also coming back! Join Travis at 4:30 pm on Mondays in Court 4 for Peak Fit Kids (ages 6-12), Kate on Wednesday mornings at 11:00 AM for Peak Little Movers (ages 3-5), and Jason on Fridays for Peak Little Movers at 10:00 AM.

Glow-in-the-dark Yoga happening the week of September 19-24 in all main Yoga classes!



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.

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 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

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

WINTER HOURS
BEGIN SEPT. 7!



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