

NEWSLETTER

October 2021

Making Lives Better Through Fitness & Wellness



Les Mills Virtual

Hundreds of videos to stream. Try it now FREE for 90 days!
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MEPs for MAMs Myzone Challenge

Earn 1,300 MEPs for a chance to win prizes!
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PEAK-A-BOO Tournament

Register your team for Racquetball or Pickleball tournaments!
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#PeakStrongAgainstCovid How We Are Keeping You SAFE

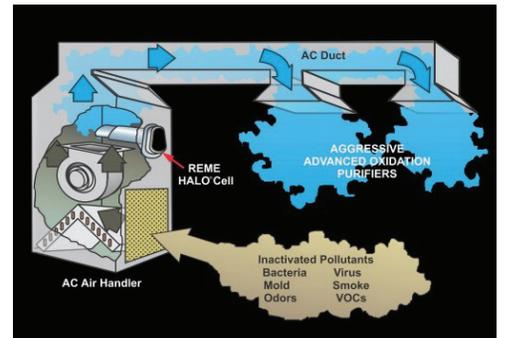
Your Safety is our #1 Priority!

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 an 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.



NATIONAL WORK & FAMILY MONTH



The Peak wants to help with your work life balance.

Any hard working individual qualifies for a
FREE VIP 30-Day Membership for themselves and
their entire family!

For new members only; other restrictions may apply.



**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



Get Outside & Get Moving!

FIT Pro Tip of the Month

Lori Louks - FIT Pro



At the start of the year my sister presented my mother and I with a monthly walking/running challenge.

In January we had to complete 20 miles and for every month after we had to add 5 extra miles. Since I personally do not have a treadmill at home and do not get to use the gym more than just a workplace, I have resorted to my mileage outside. This has turned into an amazingly positive thing!

Getting outside amongst the fresh air and away from all of the noise and hustle truly helps to find peace. **I am going to encourage you to complete October's challenge of 65 miles with me. Just walking 2.10 miles per day will easily complete this challenge.** Whether you stick to the treadmill or go outside - get moving and find your peace!



Pool Parties at the Peak!

• 15 kids + \$5 for each additional child

• 2-hr use of pools and Hazelnut Studio (chairs & tables provided)
Children under 5 must have an adult in the pool with them (4:1 ratio)

Cost: \$175/member \$195/non-member (\$75 deposit required)

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.

EXERCISES OF THE MONTH

GENERAL INCLINE FLY



YOGA UPWARD FACING DOG



PILATES CHEST EXPANSION



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.



Busy Schedules

Health Coach Tip of the Month

Devorah Werner - Fit Pro, Health Coach, PA-C, RD, MSW



Don't let your busy schedule get in your way. Plan ahead and try to follow some simple tips below.

Let's look at some healthy foods to have in your home:

- Add healthy fats to meals**
- Make fruit available**
- Use nuts and seeds for snacks**
- Vegetables with nut butters or hummus is yummy**
- Encourage hydration with water**
- Eat healthy grains like quinoa**

We can all benefit from healthy food choices.

"A healthy outside starts from the inside"
- Robert Urich

HeartSaver CPR/AED Certification

October 12 | 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

October 7 | 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, OCTOBER 25
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



TRX Tabata

Cardiovascular Workout of the Month

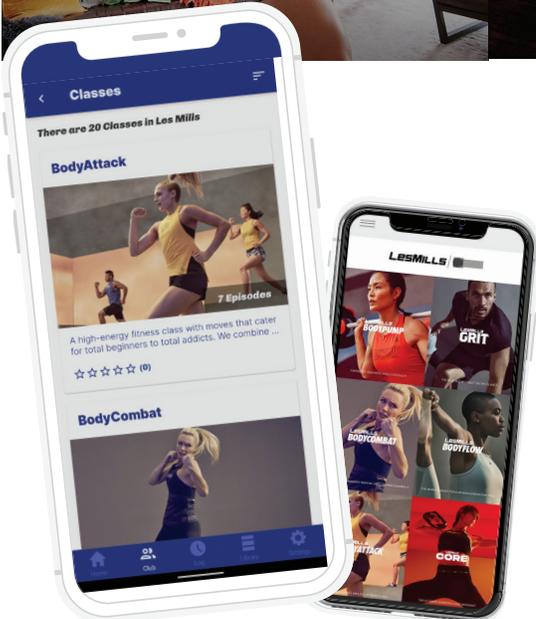
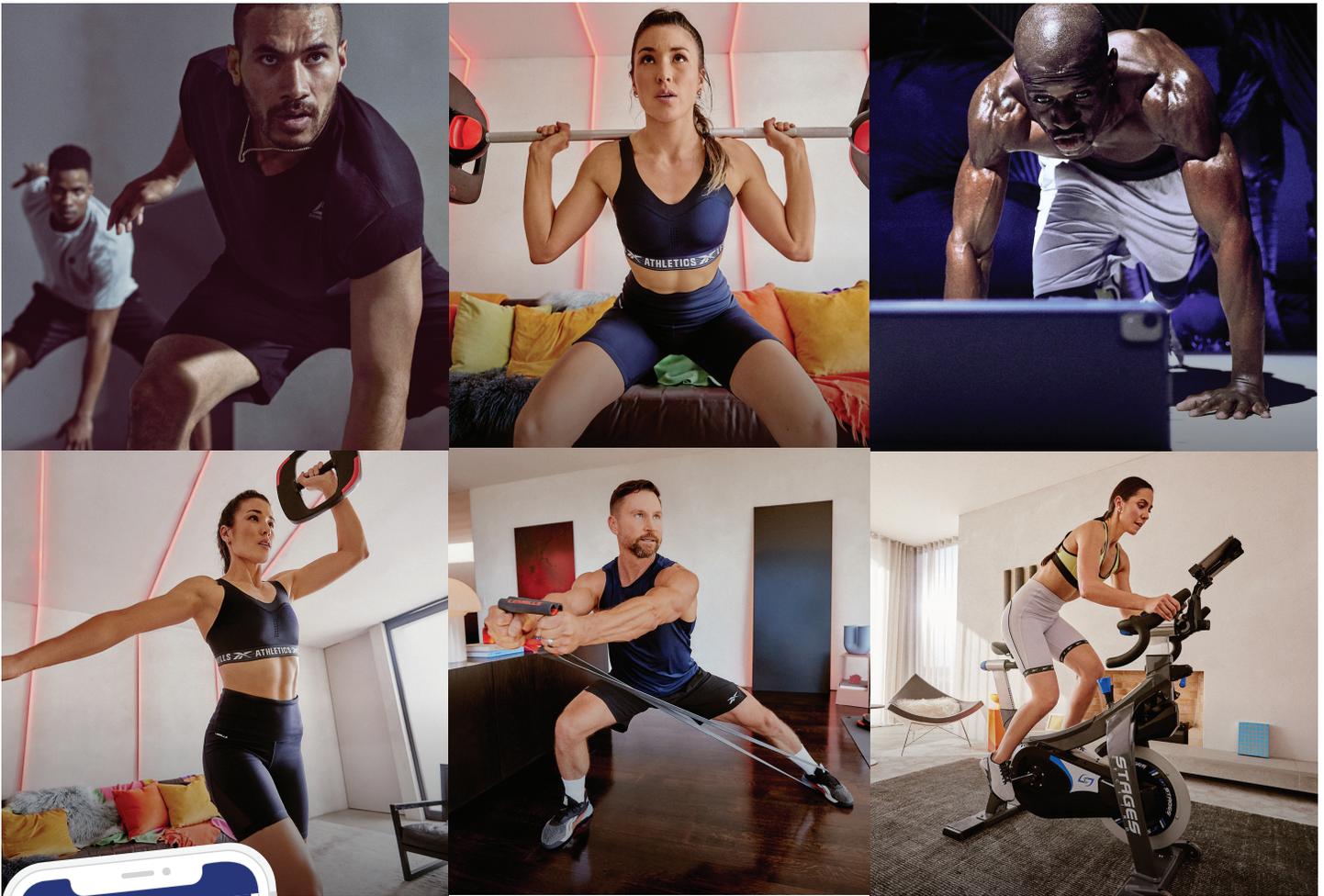
Jen Brown - Fit Pro



Short on time, but want to keep your gym habit? Try this quick full body HIIT workout that involves just one piece of equipment...a TRX!

Perform each exercise 20 seconds on, 10 seconds off for 8 rounds, before moving on to the next exercise.

1. TRX Burpee
2. TRX Alternating Single-Leg Squat to Arabesque
3. TRX Suspended Crunch
4. TRX Alternating Pistol Squat
5. TRX Hamstring Curl to Leg Abduction
6. TRX Suspended Row
7. TRX Rotational Side Plank (Right)
8. TRX Rotational Side Plank (Left)



Les Mills Virtual is Here!

Home fitness is now at the touch of a button! Workout whenever, wherever with our brand new Les Mills digital membership and access hundreds of Les Mills workouts!

TRY IT NOW FREE FOR 90 DAYS!



Open the Peak App (scan the QR code to download)...
Find the Les Mills library under the Club Tab!





Protein: How Much is Too Much in One Meal?

Nutritional Tip of the Month

Kia Mathews - FIT Pro



we are not getting enough protein in general (again, the average person moving around and lifting weights at least somewhat needs 1.2-1.6 grams of protein per kg of weight a day; up to 2.2 grams per kg depending on age (more as we age) and how much resistance training we are doing (more, the more we are lifting), this is an issue to pay attention to. Those who are heavily (hahah) involved in weight training look even more seriously at when and how protein is consumed. Knowing that we can take in more protein at a time can be helpful in meal planning and prep, as well as timing of meals, as with our busy schedules, we may not always be able to eat when and what we intend.

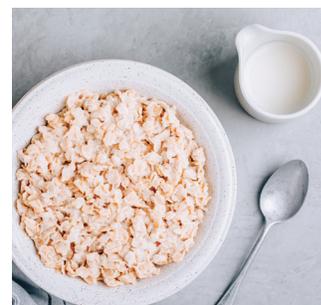
Next month, we will discuss the benefits of a variety of protein types.

We looked at overall protein consumption last month, and now we will look at how much we can consume at one time. The prevailing wisdom for quite some time is that consuming more than 20-25 grams of protein at once is just a waste of food and energy. I distinctly remember being told that basically, anything over that range, you're just pouring down the toilet because your body cannot consume that protein for energy or muscle growth, so your body eliminates it.

There is a good deal of research out, however, that shows this is not the case. First of all, the type of protein makes a huge difference. Protein in powders get absorbed differently (faster) than that from regular food. Also, different types of protein (even amongst the powders) get processed at different rates than others (more on that next month). When you are eating your protein from regular food and not a powder, there are other factors beyond overall digestion and absorption rates. Regular food has macronutrients that the powders sometimes lack which affect how and how fast the protein is processed. So, you can eat more than 20-25 grams of protein per meal of regular food (though most studies show that much more than 30 grams at once does not show significantly higher muscle gain than less than 30 grams, the protein is still being used in your body, however, rather than just being flushed out). Great news!

When we are talking about protein powder; because it is separated out from the rest of the food it came from, it absorbs differently (usually faster). However, every type of protein absorbs at different rates, which allows us to "stack" our protein, especially when we are consuming it in powder form. In these cases, we can have some powder that absorbs more slowly, and some that goes more quickly.

Why do we care about this? Of course, we want what we consume to be as useful as possible. If we are worried that



High Protein Oatmeal

- 1/2c rolled oats
- 1/4c coconut milk
- 1t. honey
- 1 serving plain protein powder (*though the chocolate ones can be good in this recipe*)
- 2T sun butter, peanut butter, almond butter, etc.

Cook the oats as you would in the coconut milk, gradually adding remaining ingredients until cooked to desired tenderness, adding water or more coconut milk as needed.

This is a seriously high protein meal, so you may want to share it or cut it in half.





october challenge

Earn 1300 MEPs to secure your place in the prize draw.

Win a \$500 experience day voucher and other awesome Peak prizes!

October 1 - 31

*No purchase necessary, visit www.myzone.org/legal for Terms and Conditions.



MEPS FOR MAMS MYZONE CHALLENGE

OCTOBER IS BREAST CANCER AWARENESS MONTH

Earn 1300 MEPs to gain entry into PRIZE DRAWINGS.

OCTOBER 1 - 31

To enter, simply follow the prompt to 'opt-in' to the Challenge when this is presented within the MyZone App or when you log in to myzone.org.





KIDS Fitness CLASSES

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: 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

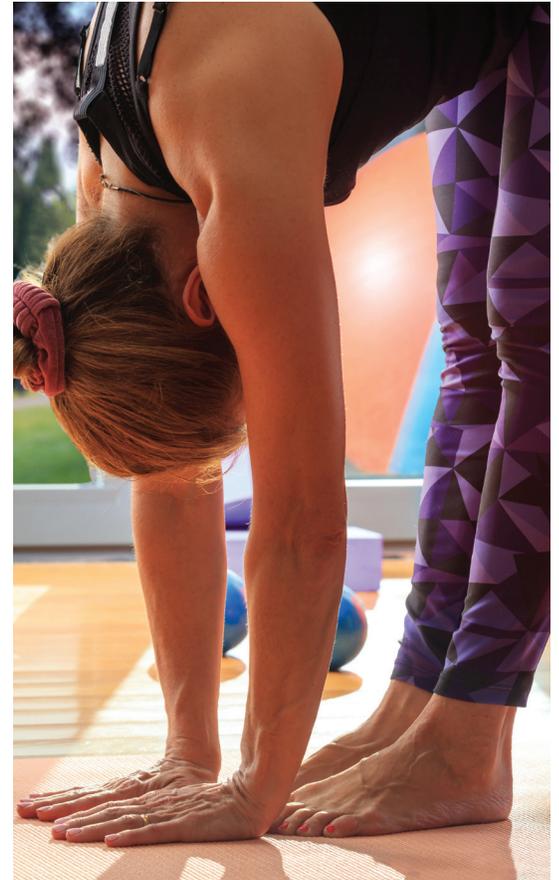
New Classes!

Look out for these new classes on the schedule!

Mondays 1:00 PM Basic Syngry w/ Charla

Tuesdays 5:05 AM BODYCOMBAT w/ Crystal

Fridays 12:15 PM Multi-Level Pilates w/ Susan



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.

THE PEAK HEALTH & WELLNESS CENTER

PEAK-A-BOO



PICKLEBALL
TOURNAMENT



RACQUETBALL
TOURNAMENT

2021

PICKLEBALL: OCTOBER 8 & 9 | RACQUETBALL: OCTOBER 8, 9 & 10
MEN'S | WOMEN'S | JUNIORS | SENIORS | DOUBLES

LIMITED SPOTS AVAILABLE! SIGN UP TODAY!
406.727.7325 | peakgreatfalls.com

Sponsored by:  **pepsi**



 **First Interstate Bank**

DROP-IN **RACQUETBALL / SQUASH** LEAGUE



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
OCT. 30
9 AM - 12 PM**

INTERESTED IN JUNIOR RACQUETBALL **LESSONS?**

Coach Bucky will teach novice players the basics and help more advanced players hone their skills!

FOR AGES 6+ • 10 WEEK PROGRAM

OCTOBER 7 - DECEMBER 16 | THURSDAYS | 4:30-5:30 PM

Cost: \$60/Member | \$75/Non-Member

Sign up at the front desk!

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

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