

# NEWSLETTER

January 2022

Making Lives Better Through Fitness & Wellness



## **Thinner Winner is BACK!**

Form a team and start working out for your chance to win \$1,000!

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## **NEW Cycle Bikes**

Celebrate getting new cycle bikes - our gift to YOU!

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## **Bend & Brew**

Practice yoga & enjoy some drinks with us and the Mighty Mo!

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# THINNER WINNER

**A NEW YEAR...A NEW YOU!**

**JANUARY 9 - FEBRUARY 18**  
**Help Great Falls Lose 2,000 POUNDS!!**  
**Join for the chance to win \$1000!!!**

Tired of being tired? Sick of being unmotivated? Unhappy with your size or shape? Do you want to get fit and lean? Do you desire to live happier and healthier?

## THE SOLUTION?

**THE THINNER WINNER CONTEST!**

### TAKE THE MONEY & RUN!!!

For full details, visit [peakgreatfalls.com](http://peakgreatfalls.com), email [shanda@peakgreatfalls.com](mailto:shanda@peakgreatfalls.com) or call 727.7325.



# The Benefits of Eating Kale

## Nutritional Tip of the Month

Jamie Brook - FIT Pro



### One-Pot Chicken, Kale and Chickpea Stew

Serves 4

- 1 1/2 tablespoons olive oil
- 8 Chicken thighs
- 1 Red onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 teaspoon red pepper flakes
- 1 tablespoon tomato paste
- 1 cup dry white wine
- 1 cup chicken stock
- 4 sprigs thyme
- 1 (14 ounce) can chopped tomatoes
- 1 (14 ounce) can chickpeas, drained and rinsed
- 2 3/4 ounces kale, shredded
- Small handful chopped parsley
- Salt and pepper, to taste

1. Heat 1 tablespoon of oil over medium high heat in a large skillet. Season the chicken with salt and pepper, add to pan and brown all over. Remove to plate.

2. Add the rest of the oil and onion to the pan, soften for 5 minutes, then add the garlic and red pepper flakes. Cook for 2-3 minutes, then stir in tomato paste. Pour in the wine, stock and bring to a boil.

3. Return the chicken, along with the thyme sprigs, to the pan. Cover and simmer for 10 minutes. Uncover, stir in the tomatoes and boil gently for 20 minutes, turning the chicken occasionally.

4. Add the chickpeas and kale, recover and cook for 6 minutes or until the chicken is cooked through and the kale is tender. Served sprinkled with chopped parsley.

Kale is a nutritious member of the cabbage family. It is calcium rich for healthy bones, loaded with carotenes to protect your eyes and has a high antioxidant capacity. There are also over 45 different flavonoids in kale that combine antioxidant and anti-inflammatory benefits.

**Get the Gift of Guidance on your Fitness Journey!**

**\$26 OFF 4-PACK**  
**\$36 OFF 8-PACK**

**PERSONAL TRAINING PACKAGE! VALID 12/23/21-1/9/22!**

CANNOT BE COMBINED WITH OTHER OFFERS - SOME RESTRICTIONS MAY APPLY - NO CASH VALUE - LIMIT 2 PER PERSON



# 4 Week Running Plan for Beginners

## Cardiovascular Workout of the Month

Jen Brown - Fit Pro



### Week 1

#### **Monday**

Run – 1 Min.  
Walk – 2 Min.  
Repeat X 10

#### **Wednesday**

Run – 1 Min.  
Walk – 2 Min.  
Repeat X 10

#### **Friday**

Run – 1 Min.  
Walk – 2 Min.  
Repeat X 10

### Week 2

#### **Monday**

Run – 2 Min.  
Walk – 1 Min.  
Repeat X 10

#### **Wednesday**

Run – 3 Min.  
Walk – 1 Min.  
Repeat X 7

#### **Friday**

Run – 4 Min.  
Walk – 1 Min.  
Repeat X 6

### Week 3

#### **Monday**

Run – 5 Min.  
Walk – 1 Min.  
Repeat X 5

#### **Wednesday**

Run – 5 Min.  
Walk – 1 Min.  
Repeat X 5

#### **Friday**

Run – 6 Min.  
Walk – 1 Min.  
Repeat X 4

### Week 4

#### **Monday**

Run – 8 Min.  
Walk – 1 Min.  
Repeat X 3

#### **Wednesday**

Run – 9 Min.  
Walk – 1 Min.  
Repeat X 2

#### **Friday**

Run – 10 Min.  
Walk – 1 Min.  
Repeat X 2

## EXERCISES OF THE MONTH

### **GENERAL** TRX SQUAT



### **YOGA** WARRIOR POSE



### **PILATES** PLANK



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.



# Take a Healthy Break

## Health Coach Tip of the Month

Beth Munsterteiger - Fit Pro



We have all heard of coffee breaks and happy hour which are all fine, but how about adding a health break?

Breaks are needed every day and throughout the day. The health break will reset your body physically, mentally, and spiritually. Health breaks can help our blood pressure, blood sugars, muscles, bones, joints, and emotions.

Everyone can create their own health break and personalize the break to meet their needs. Some examples include walking, stretching, rolling out muscles, doing resistance exercises, lunges, squats, pushups, sit stands, or balance practice. The goal is to engage the body in movement to stimulate the circulatory system. A health break is time well spent and the rewards are very fruitful.

**Start today and develop a new behavior for the New Year!**

### HeartSaver CPR/AED Certification

January 13 & February 10 | 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

January 18 & February 15 | 3 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](mailto:beth@peakgreatfalls.com) or call 468-7368.**



# Preventing Yoga Injuries

## Fit Pro Tip of the Month

Nadine Corda - Fit Pro



At the start of a new year many of us have resolutions in place, and visions of lofty fitness goals. When we are feeling so gung-ho about our fitness it is key to remain vigilant and mindful about our technique, and to have our best practices in place to avoid injury. The quickest way to progress is not hurting ourselves! In yoga there are overarching best practices to avoid injury.

The first best practice is proper alignment and good technique. This is an obvious one. There are a few caveats though, and assuming you will not be injured simply by aligning properly is a flawed idea. There is a bigger picture at play, so let's dive into the other best practices.

The next best practice is intensity in a posture. When a body is aligned properly and the muscles are engaged properly in a yoga posture there is an even distribution of forces. Practice evenly distributing the intensity of the posture throughout the body rather than concentrating it into one spot. For example: if you are in Wheel Pose and you feel the sensations of the pose highly concentrated into your lower back and you are not feeling much anywhere else in your body, then there is something off. Sometimes a modification to the pose is necessary, or it might indicate that your body is not ready for the pose.

The third best practice for avoiding yoga injury is being mindful about pace in transitional movements. When we

speed up transitions the body doesn't require as much control or stabilization because it can use momentum instead of skill to get where it wants to go. Work toward moving slowly with control, discipline and skill. If you cannot do it well slowly, you certainly cannot do it well quickly!

The final best practice for avoiding yoga injury is being mindful about duration in a posture. Sometimes we can overcome our stay in a posture. Indicators for staying too long in a posture are becoming shaky, holding your breath or feeling pain. If your face is all scrunched up in a painful expression you've probably stayed too long! When you are in yoga class always listen to your body first for cues to when it is time for you to exit a posture. If the instructor is having the class stay longer, don't worry about it. It is always better to listen to yourself first.

A good yoga instructor will not mind if you come out of a posture earlier than he or she cues. If you have questions about modifying postures to meet the needs of your body ask our yoga instructor before or after class for advice. You can also employ a yoga coach for one-on-one coaching to really hone in on your alignment and modifications suited to your unique body.

I hope these best practices help you to stay injury free and able to enjoy all of the fabulous benefits of a yoga practice.



# 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  
JAN 15  
9 AM - 12 PM**

# SOMETHING COLORFUL IS ON THE HORIZON



## **Celebrate NEW CYCLE BIKES arriving at the Peak Main!**

As a special Christmas present to our members, we will be replacing our current cycle bikes with NEW Matrix CXP cycle bikes in the studios and fitness floor in the next few weeks!

These bikes are the newest innovation in cycle bikes. They feature a Target Training capacitive touchscreen that measures watts, heart rate, calories, distance & RPM.

Stay tuned for more information!!!

# New Class!

Join us for a brand new **SUP (Stand-Up Paddle) & Swim Class!**  
**Fridays | 9 AM | Rec Pool | Kelly**

This class starts with 25 minutes of a strength and cardio interval workout on the stand up paddleboards, followed by a 25 minute lap swim workout focusing on freestyle technique, speed and endurance. Participants should wear a bathing suit for the lap swim portion and must already be able to swim at least one lap (25 yards) without stopping. Swimming goggles are recommended.



## 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 a love of fitness, while having fun and building friendships. **30-minute classes.**  
**When:** Mondays @ 4:30 pm w/ Travis  
Thursdays @ 4:30 pm w/ Travis

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



## Pool Parties at the Peak!

- 15 kids + \$5 for each additional child
- 2-hr use of pools and Hazelnut Studio (chairs & tables provided)

**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](mailto:charli@peakgreatfalls.com) or visit [peakgreatfalls.com/birth-day-pool-parties](http://peakgreatfalls.com/birth-day-pool-parties).**

# DROP-IN **RACQUETBALL / SQUASH** LEAGUE



WEDNESDAYS | 5-7 PM | SQUASH WITH PRO BRIAN HALVERSON

THURSDAYS | 5-7 PM | RACQUETBALL WITH PRO BUCKY LINDSTRAND

**NO EXPERIENCE NEEDED**

INTERESTED? HAVE QUESTIONS? CONTACT **SHANDA**

SHANDA@PEAKCREATIVES.COM | 408.727.7385 EXL 240



# BEND & BREW

Join us for **yoga** and **drinks** with the  
Peak & Mighty Mo!

## Friday, January 21

5:30 PM - Drinks (alcoholic and non-alcoholic) at the Peak!

6:00 PM - Yoga in the GroupX Studio

7:00 PM - After party at Mighty Mo

**Must be 21+**  
**FREE for Members**  
**& Non-Members**



# 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.

## 2022 Holiday Hours

**New Year's Day | January 1 | 6 AM - 2 PM**

**Easter | April 17 | Closed**

**Memorial Day | May 30 | 5 AM - 2 PM**

**Independence Day | July 4 | 6 AM - 2 PM**

**Labor Day | September 5 | 5 AM - 2 PM**

**Thanksgiving | November 24 | 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