NEWSLETTER

March 2022

Making Lives Better Through Fitness & Wellness

The Peak Turns 20
Free Inbody testing, a challenge course, free classes, prizes & more!
pg 2

Bend & Brew
Join us for Yoga while sipping on a variety of adult beverages!
pg 9

Pickleball Clinic & Tournament
Hone your skills at our workshop and then compete in the tournament!
pg 10 & 11

IT'S THE PEAK'S BIRTHDAY!

CELEBRATE WITH US!

MON MARCH 7
WOMEN'S HEALTH CHAT W/ BETH
10:30-11:00 AM | SYNRGY AREA

TUE MARCH 8
FITNESS TESTING W/ KRISTIN & TRAVIS
12:00-1:00 PM | MAIN LOBBY

WED MARCH 9
Racquetball & Squash Mini Tournament
6:00 PM | COURTS 1, 2, 3 & 4

WED MARCH 9
FITNESS TESTING / TIM
5:30-6:30 PM | MAIN LOBBY

THU MARCH 10
HEALTH COACH CHAT W/ DEVORAH
8:00-9:00 AM | FIRESIDE MAIN LOBBY

THU MARCH 10
CHALLENGE COURSE & GIANT SWING
3:00-4:00 PM | GYMNASIUM

FRI MARCH 11
HYPERICE W/ CHARLA
10:00-11:00 AM | MAIN LOBBY

FRI MARCH 11
HYPERICE W/ DON
3:30-4:30 PM | MAIN LOBBY

FREE INBODY TESTS MARCH 7-12

M/T/TH/F: 9-10 AM | W: 9:30-10:30 AM | M/W/TH: 12-1 PM

SEE TRAINER ON DUTY

MARCH 14-18

Attend a class in person or online with our virtual workouts. Every class will have a **PRIZE DRAWING!**
Each class attended will count as 1 entry to a **GRAND PRIZE.** Bring a friend for extra entries!

Classes are free all week long.The winner will be announced Monday, March 21.

myzone®

March Exercise Madness

March is often referred to as **'crunch month'** when it comes to obtaining a summer body. The enthusiasm from the new year resolution may have worn off and the long summer days are just a few months away. It is the month of March that counts - we have made March a game!

HOW TO GET INVOLVED

Buy a MyZone physical activity belt at the service desk and receive free entry to the challenge. Just start exercising and you will earn your MEPs.

THE CHALLENGE

If you earn 1500 MEPs you will gain 1 entry into the prize drawing.

WHO SHOULD PARTICIPATE

Those committed to looking their best for summer, wanting a short focus-boost for summer or needing to make exercise a game.

DATES

STARTS: March 1
ENDS: March 31

BONUS PRIZES

You can earn an entry to an additional prize for every extra 300 MEPs over 1500.

Are you up for the challenge?

Get your belt. Earn the points. Meet the challenge.
See the Front Desk for details.

Spring Forward with Intention

Fit Pro Tip of the Month

Kristin Klapprodt - Fit Pro

As we approach the Spring season, it is time to reflect on how we would like to awaken ourselves. Much like the rebirth of the trees and flowers around us, we too can transform into something new. Unlike goals that might ask you to consider something far out in the future, an intention can be much more concentrated on the present. How would you like today to go? What can you do today to make things easier? What do you need to do or let go of to work towards who you want to be?

Every day presents an opportunity for us to set our intention to help guide us towards the person we want to be. As we begin to make daily commitments to ourselves, we can slowly form habits. These habits take time and practice. If your goal is to be a healthier version of yourself, you can set your intention every morning to decide how you want your day to help you. Maybe you want to make a healthy breakfast, decide to park farther away to increase your walking, use your lunch break to unplug, identify a gym class that you will attend, or pick an earlier bedtime than usual. Our intentions in the morning can set the tone for the rest of our day.

When the sun has set and we look back on our day, we can reflect on what our intentions were and celebrate what we accomplished. Acknowledge the small achievements and the act of practicing the habits we want to develop. Tomorrow will be a new day and another opportunity to practice those intentions.

Sleep & Your Health

Health Coach Tip of the Month

Devorah Werner - Fit Pro

"Sleep is the golden chain that ties health and our bodies together."

- Thomas Dekker

By now you have probably heard that sleep is an important aspect of your health, and do you know why?

- Sleep May Help Prevent Cancer
- Sleep Reduces Stress
- Sleep Reduces Inflammation
- Sleep Makes You More Alert
- Sleep Improves Your Memory
- Sleep May Help You Lose Weight
- Napping Makes You Smarter
- Sleep May Reduce Your Risk of Depression
- Sleep Helps You Lose Weight

On average, adults need 7-9 hours of sleep. Our natural sleeping rhythm is to be asleep by 10 pm or earlier. Staying up past 10 pm increases cortisol levels and decreases sleep quality.

HeartSaver CPR/AED Certification

March 3 & April 14 | 5:15 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

Contact the Front Desk for Schedule | $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.

Cabbage: a Source of Vitamin C & K and Fiber

Nutritional Tip of the Month

Jamie Brook - FIT Pro

Cabbage isn't just for Saint Patrick's Day! Cabbage is packed with nutrients, such as vitamin C and vitamin K, and is fiber rich to aid in digestion. Try this easy, nutrient-dense recipe to get your healthy fix of cabbage.

Cabbage Soup

Ingredients:

8 cups vegetable or bone broth
1 yellow onion , chopped
3 cloves garlic , minced
4 cups cabbage , cut into 1 inch chunks
3 carrots , sliced
3 stalks celery , sliced
1/2 teaspoon Kosher salt
1/2 teaspoon coarse ground black pepper
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
28 ounces diced tomatoes , do not drain

Instructions:

1. Add the vegetable broth, onion, garlic, cabbage, carrots, celery, salt, pepper, oregano, basil, and diced tomatoes to a pot and stir well.

2. Bring to a boil, then reduce heat to low and cook for 20 minutes, until cabbage and carrots are tender.

**For a more hearty soup, add a helping of lean ground beef or turkey.*

EXERCISES OF THE MONTH

GENERAL

BALL SLAM

YOGA

LION'S BREATH

PILATES

ROLLING LIKE A BALL

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.

THINNER WINNER

A NEW YEAR...A NEW YOU!

2022 RESULTS

Total Overall Change for the entire program = +6.57% (79 participants completed the challenge)
Weight Loss = 482 lbs. (on average = 6 lbs./person in 6 weeks) | Muscle Gained = 58.4 lbs. | Fat Loss = 405.4 lbs.

Awards:

Groupie Award – Vim H. (1 month membership)
Thinner Winner Incentive Award – Amy W. (1 month membership)
Social Media Award – Debra L. (1 month membership)
Most Fat Loss (Male) – Chad T. (3 month membership)
Most Fat Loss (Female) – Becky S. (3 month membership)
Most Muscle Gained (Male) – Paul M. (3 month membership)
Most Muscle Gained (Female) – Darby R. (3 month membership)
Best Overall Improvement (Male) – Jake M. ($50)
Best Overall Improvement (Female) – Dani S. ($50)
MZ – Switch (Door Prize) – Abbey Buck

Team with the best Overall Improvement and winners of this years Thinner Winner ($1000) – River Rats: Abbey B.; Chad T.; Austin E.; Misty K.

"I have never been so happy to be a part of something so positive! I have met some pretty incredible people who push me to be a better version of myself." - Dani S.

Standings:

1st - River Rats = 14.79%
2nd - Flexual Healing = 14.37%
3rd - Soft Bodies = 13.52%
4th - The Real Slim Shadies
5th - Downsizing
6th - Tootsie Rollers
7th - Trophy Wives & Cash Cows
8th - Cash Queens
9th - Booze Travelers
10th - Not Your Mama's
11th - Drop It Like Its Hot
12th - Scrambled Legs & Achin
13th - Down the Pounds
14th - FUNtastic 5
15th - Cirque de Sore Legs
16th - N'Syncope
17th - Jiggle Giggle
18th – PODS

Full Body Super Set Tabata

Cardiovascular Workout of the Month

Jen Brown - Fit Pro

1) Set 1
A. Alternating Side Lunge
B. Single Side Lunge Forward & Back

2) Set 2
A. Skater Lunge
B. Alternating Jumping Split Squats

3) Set 3
A. Mountain Climber
B. Plank Reach Out

4) Set 4
A. Eshappe
B. Attitude

5) Set 5
A. Banded Squat to Step Back
B. Standing Donkey Kick

6) Set 6
A. Hydrant w/ Lateral Arm Raise
B. Quadruped Rainbow Kick

7) Set 7
A. Alternating Front Arm Extension
B. Banded Bicep Curl

8) Set 8
A. Banana Hold
B. Prone Swimming

Do exercise A for 20 seconds, then take a 10 second rest. Do exercise B for 20 seconds, then take a 10 second rest. Repeat 3 more times for each exercise. Rest for 1 minute, the repeat for the next set.

New Classes & Schedule Changes!

WALKING FITNESS
Tuesdays | 12:15 PM | LORA
This class is just what it sounds like – walking! Walking has many benefits including increasing cardiovascular health, bone density, and improving balance. Lora will lead the class and will help you track your distance. This class is meant to be social. Bring your friends and chat while you get in your steps. When the weather is nice, class will meet inside and head outside together.

BARRE
Fridays | 11:00 AM | SUSIE
Les Mills CORE is changing to Barre beginning March 4.

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

BEND & BREW

Join us for **yoga** and **drinks** at the Peak!

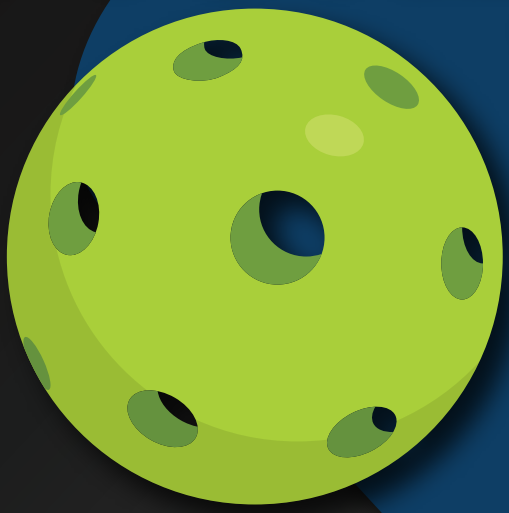
Friday, April 8

5:30 PM - Enjoy Adult Beverages at the Peak!
6:00 PM - Yoga in the GroupX Studio
7:00 PM - Stay for an After Social with Us!

Must be 21+
FREE for Members & Non-Members

PEAK
GREAT FALLS

BEGINNER'S PICKLEBALL WORKSHOP



SATURDAY, MARCH 19

11 AM - 1 PM

The workshop will cover basics, rules, history, technique, drills & play.

Hosted By: Electric City Pickleball Club

PLEASE RSVP

1800 BENEFIS COURT | 406.727.7325 | SHANDA@PEAKGREATFALLS.COM

SPRING MIX-UP

PICKLEBALL TOURNAMENT

• MEN'S DOUBLES • WOMEN'S DOUBLES •
• MIXED DOUBLES •

APRIL 9 & 10

9 AM - 6 PM

PEAK HEALTH & WELLNESS CENTER

1800 BENEFIS COURT, GREAT FALLS, MT 59405

April 9: Men's & Women's Doubles
April 10: Mixed Doubles

$40/Member & $45/Non-Member
Includes Lunch & Shirt

LIMITED SPOTS AVAILABLE! SIGN UP TODAY!

406.727.7325 | peakgreatfalls.com | shanda@peakgreatfalls.com

What's up at West Bank?

MÜV is BACK!

NEW Coaches | MORE Classes | BETTER Results

If you're looking for a fusion of personal training and group fitness classes, our MÜV Fitness small group training sessions might be perfect for you. These classes allow you to be around other MÜV members while still benefiting from the personalized attention you wouldn't get in a large class setting.

CONTACT WEST BANK LANDING TODAY TO SIGN UP!

2022 Holiday Hours

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

PEAK HEALTH & WELLNESS CENTER

1800 Benefis Court - Great Falls, MT | (406) 727-7325
Club Hours: **Mon-Fri**: 5 AM-10 PM, **Sat-Sun**: 6 AM - 9 PM

PEAK WEST BANK LANDING

401 3rd Ave NW - Great Falls, MT | (406) 604-4334
Club Hours: **Mon-Fri**: 5 AM-9 PM, **Sat-Sun**: 7 AM - 7 PM