

NEWSLETTER

April 2022

Making Lives Better Through Fitness & Wellness

Breathe



Bend & Brew

Join us for Yoga while sipping on a variety of adult beverages!

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Easter Break Family Fitness

Stay busy over Easter break and work up a sweat with us!

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Friendly Fridays at West Bank

Every Friday this month bring a friend to work out with for FREE!

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BEND & BREW

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

Friday, April 8

5:00 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



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



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



Create A Positive Mindset

Health Coach Tip of the Month

Jamie Brook - Fit Pro



The only thing that is stopping you from having a great day is your attitude!

Many times we can get stuck in a mindset that can impact the day in a negative way. Create a positive mindset by recognizing the negative patterns and countering them with positive thoughts and affirmations. Start your day with a healthy routine and do something you enjoy every day.

Most importantly, don't forget to smile!



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

Call us at 406.727.7325 for more info!

HeartSaver CPR/AED Certification

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.



Greek Quinoa & Avacado

Nutritional Tip of the Month

Charla Bready - FIT Pro



Prep: 15 minutes

Cook: 15 minutes

Makes: 4 main dish servings

- 1/2 cup uncooked quinoa
- 1 cup water
- 2 Roma tomatoes, finely chopped
- 1/2 cup shredded fresh spinach
- 1/3 cup finely chopped red onion
- 2 TBSP lemon juice
- 2 TBSP olive oil
- 1/2 tsp salt
- Spinach leaves
- 2 ripe avocados, halved, seeded, peeled and sliced
- 1/3 cup crumbled feta cheese (about 1 1/2 oz)

Instructions:

1. In a sauce pan combine quinoa and water. Bring it to a boil, reduce heat. Simmer, covered, about 15 minutes or until liquid is absorbed.
2. Please quinoa in a medium bowl. Add tomato, shredded spinach, and onion; stir to combine. In a small bowl whisk together lemon juice, oil, and salt. Add to quinoa mixture; toss to coat.
3. Please spinach leaves on four salad plates. Arrange avocado slices on spinach leaves. Spoon quinoa mixture over avocado slices. Sprinkle with some of the feta cheese.

Note: you can brush the avocado slices with additional lemon juice to prevent browning.

Per 1/2 cup quinoa = 1/2 avocado: 332 cal., 24 g total fat (5 g sat. fat), 11 mg chol., 457 mg sodium, 27 g carbo., 8 g fiber, 7 g pro.

Daily Values: 46% vit. A, 37% vit. C, 11% calcium, 18% iron

Exchanges: 1/2 vegetable, 1 1/2 starch, 4 1/2 fat

EXERCISES OF THE MONTH

GENERAL BALANCE



YOGA RABBIT POSE



PILATES FROG



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.



Family Fitness

EASTER EDITION

Friday, April 15
10 AM | Peak Little Movers | Haley

Monday, April 17
10 AM | Family Fitness | Travis & Haley

Monday, April 17
4:30 PM | Peak Fit Kids | Travis

Tuesday, April 18
8:45 AM | Peak Fit Kids | Travis



Family fitness will be for all levels - weather permitting all classes will be outside. Expect a good workout for everyone, an obstacle course, and games.



High Intensity Strength

Cardiovascular Workout of the Month

Travis Lafountain - Fit Pro



Equipment needed: Light dumbbells or light bar and chair or bench.

Warm up by walking at a brisk pace or a light jog for 3 minutes. Do each exercise for 30 seconds, immediately moving to the next exercise in the sequence without rest.

- Jumping Jacks
- High Knees
- Mountain Climbers
- Wide Push ups – Knees or Toes

Rest for 30 seconds.

- Forward Stepping Lunges – Alternating legs (with or without weight)
- Squats or Squat Jumps
- Lateral step to vertical jump.
- Calf Raises – Bar or Dumbbells

Rest for 30 seconds

- Dead lift – Bar or Dumbbells
- Football shuffle
- Bent rows – Bar or Dumbbells
- Mummy kicks

Rest for 30 seconds

- Upright Row – Bar or Dumbbells
- Burpees
- Bicep Curls – Bar or Dumbbells
- Skater Lunges

Rest for 30 seconds

- Tricep dips (Use Chair or Bench)
- Russian Twists
- C-Crunch
- Straight Arm Plank.

Rest for One Minute. Repeat for one more set.

Remember to stretch!

New Saturday Schedule!

Freestyle Cycle | 8:05–8:55 AM

LES MILLS GRIT | 8:15–8:45 AM

BODYPUMP | 9:00–9:55 AM

BODYCOMBAT | 10:00–10:55 AM



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

What's up at West Bank?



Bring a friend...for FREE! Every Friday any member can bring a guest of their choice to use equipment, attend classes, whatever you want! Join us at West Bank Landing!

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



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