

# NEWSLETTER

May 2022

Making Lives Better Through Fitness & Wellness



## MILITARY APPRECIATION MONTH

### **Mother's Day Special**

All moms can try CONQUER Small Group Training for free all month long!  
pg 5

### **Cycle 66**

Gear up for the Cascade 66 Road Race with the Peak!  
pg 7

### **Kids Basketball Camp**

Learn and develop your skills with Coach JC Izakson!  
pg 10



**ATTENTION  
PEAK MEMBERS!**

The Peak is getting an upgrade! We are always trying to add value to your membership and enhance your experience here at the Peak....and keeping our facility up-to-date, safe and modern is the number one way to do that!

**The River, Warm and Lap Pools are getting a complete facelift! This will include:**

- **Recoping deck and resurfacing walkways**
- **Fresh paint in the Lap Pool**
- **Preventative maintenance in all filtration systems**
- **Stainless steel treatments**
- **New handrails installed**

This will mean that all three pools will be temporarily closed for a minimum of four (4) weeks so that all of the work can be accomplished in a timely and efficient manner.

**The pools are scheduled to be closed beginning Monday, August 1 for a minimum of four (4) weeks. We hope to reopen by the end of August / mid-September.**

You will be seeing more communication from us as the time gets closer and we will keep you updated on the exciting progress every step of the way!

This is a major and much-needed improvement that we really hope you will enjoy.

**Thank you for your understanding!**

**- PEAK MANAGEMENT**



The Peak and The Peak West Bank Landing would like to thank our service men and women, both active duty and retired, by gifting non-member military personnel



**FREE  
30 DAY MINI VIP  
MEMBERSHIPS**

Contact Membership at your preferred location to claim yours.



**Thank you for voting for the PEAK!!!**

**BEST FITNESS CENTER**

- #1: Peak Health & Wellness Center
- #2: West Bank Landing

**BEST YOGA STUDIO**

- #1: West Bank Landing



# Mind Set: How it contributes to a healthy lifestyle

## Fit Pro Tip of the Month

Shanda Leritz - Fit Pro



I've been an athlete for the majority of my life and there is one factor that has led to my success, Mind Set. I came into every practice and competition with the mind set to work hard, get better and perform to the best of my abilities. We can apply mind set to the success of our health journey.

The hardest thing about your workout is driving to the gym and getting out of the car then walking in the front doors. Once you are there you have that moment of "well I'm here, I might as well do something."

We know eating healthy and regular exercise is good for us but how do we make this a consistent habit? Take a second and think of WHY you want to exercise more and HOW healthy eating makes you feel. Once we make up our mind about something, determination takes over and we are going to see it through. Yes, there are road blocks along the way but if your WHY is strong enough you will get your self back on track.

### **A few tips to keep yourself motivated:**

- Music - play music that motivates you on your way to the gym. We all have that song that energizes us and makes us want to accomplish something.
- Goals - have little health goals throughout the year. A wedding, a competition, swim suit season, hiking trips, etc.
- Educate - read a health related article or book every month. We have a vlog on Facebook weekly and multiple articles in our newsletter every month.
- Talk to a Fit Pro - we have a highly educated team of personal trainers and health coaches that can help you on your health journey.

# 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

# MOTHER'S DAY SPECIAL

All Mothers can try CONQUER in May....for FREE!



## Take Control of Your Life.

Discover why Small Group Training could be right for you!

Enjoy personalized attention from your instructor and the encouragement from your group!

**Classes Offered:** TRX Functional Training, Primal, Metabolic Training aka HIIT, Springboard, Dynamic Yoga, Tai Chi, Praying Mantis, TRX Barre, Spartan and Strength.

## CONQUER CLASS SCHEDULE: MAY 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 AM				TRX Barre - Jen	
12:15 PM		TRX Functional - Shanda	Springboard - Jamie		
5:30 -6:30 PM	Endurance Conditioning - Travis			Endurance Conditioning - Travis	

**Cost: \$49.99 per Member; \$69.99 per Non-Member**

**EMAIL SHANDA@PEAKGREATFALLS.COM FOR SIGN UP; FOR MEMBERS, AGES 14+.**

406.727.7325 | 1800 Benefis Court , Great Falls MT 59405 | [www.peakgreatfalls.com](http://www.peakgreatfalls.com)



# Fresh Carrot Salad

## Nutritional Tip of the Month

Nadine Corda - FIT Pro



The bright orange color of carrots is a welcome sight on my plate when Spring is swinging into high gear, and I am craving pretty colors.

Carrots are an excellent source of fiber, antioxidants, potassium and vitamin A. They are also readily available in grocery stores, and these days most grocery stores offer an organic option.

This refreshing carrot salad is an easy way to add carrots to your meals. I like to make a big batch, then for the next several days I can add an effortless serving of carrots to my meals.

### French Carrot Salad

- 4 carrots (500g), finely grated
- 1 T fresh parsley, chopped
- 2 T fresh chives, chopped
- 1/4 cup lemon juice
- 1 garlic clove, grated or finely minced
- 6 T olive oil
- sea salt to taste

Mix the carrots, parsley and chives together in a bowl. In a separate bowl whisk together the lemon juice, garlic, and olive oil to make the vinaigrette. Pour the vinaigrette over the carrot and herb mixture. Add sea salt to taste.

## EXERCISES OF THE MONTH

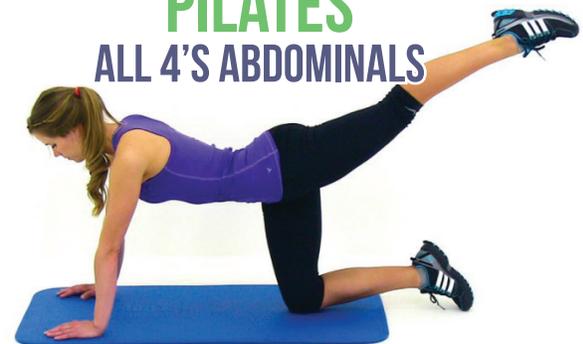
### GENERAL BRIDGE BUTTERFLY



### YOGA TREE POSE



### PILATES ALL 4'S ABDOMINALS



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.



## Pool Parties at the Peak!

- 15 kids + \$5 for each additional child
  - 2-hr use of pools and Hazelnut Studio (chairs & tables provided)
- Call us at 406.727.7325 for more info!**

# CYCLE 66



**SUNDAY  
MAY 15**

**11 AM - 3 PM**

**GEAR  
UP FOR  
THE CASCADE66  
ROAD RACE  
WITH THE PEAK!**

**SNACKS & ELECROLYTES PROVIDED.  
LIMITED SPOTS AVAILABLE - SIGN UP TODAY!  
TO REGISTER, CALL (406) 727-7325.**



# Circuit Training

Cardiovascular  
Workout of the Month

Kristin Klapprodt - Fit Pro



Circuit training is a great way to challenge your muscles while being able to adjust for your personal fitness level. Give this workout a try and let us know what you think! Each round will consist of an exercise for your upper body, core, and lower body. Challenge yourself by increasing the length of time of each round.

**Warm Up:** Spend 5 mins getting your body ready.

- High knee marches
- Arm Circles
- 10 Inchworm planks

**Round 1:** 30-60 seconds for each exercise

- Push-ups
- Mountain Climbers
- Donkey Kicks

**Rest for 1 minute**

**Round 2:** 30-60 seconds of each exercise

- Pull-Ups or assisted pull-ups
- Plank or hover
- Squat

**Rest for 1 minute**

**Round 3:** 30-60 seconds of each exercise

- Tricep Dips
- Crunches
- Walking Lunges

**Rest for 1 min and Repeat the routine 2-3 times.**

Stretch and drink some water.

# Memorial Day Class Schedule!

LES MILLS GRIT® | 8:15 AM | Carley

BODYPUMP® | 9:00 AM | Katrina

BODYCOMBAT® | 10:00 AM | Kristin



# 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:** Mondays @10 am w/ Haley  
Fridays @ 10 am w/ Haley

## 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.**

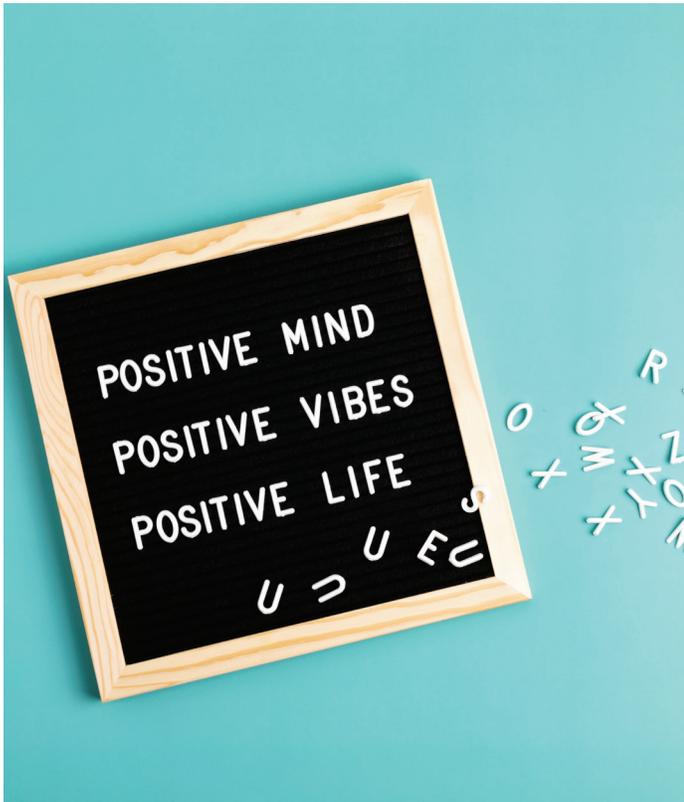
**When:** Mondays @ 4:30 pm w/ Travis  
Thursdays @ 4:30 pm w/ Travis



# Make Intentional & Healthy Choices

## Health Coach Tip of the Month

Beth Munsterteiger - Fit Pro



May is here and it's a great time to boost your spirit, reassess your fitness routine (or start one fresh), and add cheer and joy to someone's day. I will be encouraging my clients to pick a week in May and do the following day challenges. I hope to plant a seed and watch it grow!

**Monday:** go for a nature walk

**Tuesday:** compliment someone and if they don't have a smile give them one.

**Wednesday:** set a new fitness goal

**Thursday:** a random act of kindness

**Friday:** eat five fruits or vegetables

**Saturday:** plan a healthy meal

**Sunday:** say "thank you for..."

And be sure to stop and smell the flowers!

### HeartSaver CPR/AED Certification

May 17 | 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

May 2 & 24 | 5:15 pm | \$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.**



Coached by  
**JC Isakson**

University of Providence's Assistant Coach

- 🏀 INDIVIDUAL ATTENTION
- 🏀 FUNDAMENTALS & ADVANCED SKILL DEVELOPEMENT
- 🏀 COMPETITIVE DRILLS & GAMES



- 🏀 TEAM BASKETBALL CONCEPTS
- 🏀 FUN, ENERGETIC & PROFESSIONAL



**Mondays**  
**June 6, 13, 20 & 27**

 **Grades K-2nd**

**1:00 - 2:00 PM**  
Member - \$80 | Non-Member - \$95

 **Grades 3rd-5th**

**2:30 PM - 4:00 PM**  
Member - \$100 | Non-Member - \$115

 **Grades 6th-8th**

**4:30 PM - 6:00 PM**  
Member - \$100 | Non-Member - \$115

**Every camper will receive a t-shirt!**

**Register Today (406) 727-7325**

SHANDA@ PEAKGREATFALLS.COM  
WWW.PEAKGREATFALLS.COM



# 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

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