

NEWSLETTER

August 2022

Making Lives Better Through Fitness & Wellness

Celebrating You!

August is

National Wellness Month



Our Pools are Under Construction

Check out our fun, alternative Aqua class schedule!
pg 2

Sup 'n Sip Yoga

Yoga, paddleboards, and mermaids?
Come sup with us!
pg 3

Family Friendly LES MILLS Launch!

Class demos, food trucks, vendors, bouncy house, prizes & MORE!
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MEMBER NOTICE

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

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.

Check out our Alternative Aqua Class Schedule!

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>8:00 am - 8:45 am</u>		Chair Yoga Nadine C Hazelnut		Chair Yoga Tamara Hazelnut	
<u>10:00 - 10:45 am</u>	Chair Volleyball Kristin Yoga Studio		Chair Sports Lori L Yoga Studio		Fit & Fun Susan Yoga Studio
<u>1:00 - 1:45 pm</u>		Strength & Stretch Kristin Hazelnut		Strength & Stretch Kristin Synrgy	
<u>6:00 - 6:45 pm</u>			Karin's Crew Karin Synrgy		

Scan here to learn more about our group fitness





**Join us for Yoga
on Stand Up
Paddle Boards &
Mermaids with
instructor
Lauren Dunne.**

6:30 PM - Pre-Event Drinks
& Social in Yoga
Studio

7:00 PM - Yoga in the Pool

8:00 PM - After Party at the
Sip 'n Dip!

MUST BE 21+

Adult beverages provided. FREE for Members & Non-Members for Yoga on Deck. \$10 to reserve a Stand Up Paddle Board (contact the Front Desk).



SUP

N' SIP

TUESDAY, SEPTEMBER 13

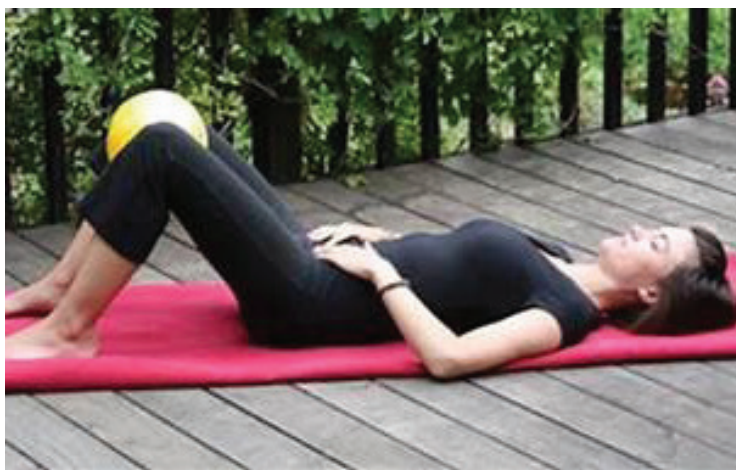




Constructive Rest

Fit Pro Tip of the Month

Tamara Patterson - Fit Pro



Hans Selye, (the father of stress research) stated, ***"It's not stress that kills us, it's our reaction to it."***

Having tools to help us combat stress is one of the fundamental keys to maintaining or restoring a balanced nervous system. Just like we work out at the gym to strengthen our musculo-skeletal or cardiovascular system, we must also activate and strengthen the relaxation nervous system response in order to keep it functioning optimally-especially in times of stress.

One of my favorite postures, often used in the therapeutic movement community, is Constructive Rest Posture or CRP.

This position can help us "thaw" after a flight-fight-or freeze

response and helps us keep our psoas malleable, soft, and hydrated. This is essential if we desire to maintain health physically, mentally, or emotionally.

According to Liz Koch, author of The Psoas Book, ***"CRP relieves tension, creates core neutrality, and re-establishes skeletal balance."*** She further states that it also, ***"revitalizes and prepares a person for the day's activities and/or provides recovery time from stimulation or stress."***

There are a variety of adaptations of this pose. Find one that fits your comfort level.

1. Let yourself rest and "let go"
2. Apply deep breathing
3. 10 (up to 30) minutes can be appropriate

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.



KIDS RACQUETBALL CAMP

**TUESDAY, AUGUST 9 & THURSDAY, AUGUST 11
5:30-7:30 PM**

**Team Building & Group Skills! Opportunities for Lessons,
Camps & Leagues!**

Cost: \$20 Per Session (\$35 for Both!)

Sign up at the Front Desk

AGES 6+

**HAVE FUN
& LEARN A
NEW SKILL!**



Foods for Children

Nutritional Tip of the Month

Devorah Werner- FIT Pro



Our children are heading back to school and we want to make sure they have healthy choices.

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

EXERCISES OF THE MONTH

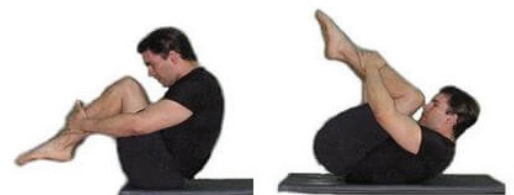
GENERAL SQUAT PRESS



YOGA CONSTRUCTIVE REST



PILATES ROLLING LIKE A BALL



If you are a new member, don't forget to schedule your two new member Smart Start Orientation Sessions.

PERSONAL TRAINING SALE!

THROUGH AUGUST 9

\$26 OFF

4-PACK PRIVATE TRAINING

\$36 OFF

8-PACK PRIVATE TRAINING

LES MILLS LAUNCH DAY

FAMILY MEETS FITNESS

SATURDAY, SEPTEMBER 24
 LES MILLS™ CLASSES WILL LAUNCH HOT NEW ROUTINES & MUSIC!

8:05 AM	//	RPM™ & SPRINT™	//	CYCLE STUDIO	
9:00 AM	//	BODYPUMP™	//	PARKING LOT	
10:00 AM	//	BODYCOMBAT™	//	PARKING LOT	
11:00 AM	//	GRIT™	//	PARKING LOT	FAMILY FRIENDLY!
11:20 AM	//	BODYSTEP™	//	PARKING LOT	FAMILY FRIENDLY!
11:40 AM	//	CORE™	//	PARKING LOT	FAMILY FRIENDLY!
12:00 PM	//	BODYBALANCE™	//	PARKING LOT	FAMILY FRIENDLY!

ENTER TO WIN
GRAND PRIZE

OPEN TO
 FAMILIES
11 AM

FREE
 TO ATTEND

VENDORS
 FOOD & ICE CREAM TRUCKS
 BOUNCY HOUSE
 POP-UP SALES

LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

LES MILLS
GRIT

LES MILLS
RPM

LES MILLS
BODYBALANCE

LES MILLS
sprint

LES MILLS
CORE

LES MILLS
BODYSTEP



Sizzlin' Summer Tabata to Jumpstart your Day!

Cardiovascular Workout of the Month

Kristin Klapprodt - Fit Pro

20 minutes of work can fit easily in your schedule and provide fantastic results. Hit each move in every round as hard as you can for 20 seconds and then rest for 10 seconds while transitioning to the next move. Be sure to grab some water during your breaks.

Round 1 (repeat the moves again and then take a minute break)

- Jog in place
- Push-Ups
- Mountain Climbers
- Squat Jump

Round 2 (repeat the moves again and then take a minute break)

- Jumping Jacks
- Plank or Hover
- Burpees
- Tricep Dips

Round 3 (repeat the moves again and then take a minute break)

- High Knee Run
- Reverse Lunge
- Tire Run (out, out, in, in)
- Russian Twists

Round 4 (repeat the moves again and then take a minute break)

- Inchworm Planks
- Speed Skaters
- Bird Dog



KIDS Fitness CLASSES



MONDAY

8:45 AM
Peak Fit Kids
(ages 6-12) - Travis

10:00 AM
Peak Little Movers
(ages 3-5) - Haley

TUESDAY

11:00 AM
Zumbini
(ages 0-4) - Leslie

WEDNESDAY

8:45 AM
Peak Fit Kids
(ages 6-12) - Leslie

11:00 AM
Family Fitness
(3-12) - Rotating

THURSDAY

4:30 PM
Peak Fit Kids
(ages 6-12) - Travis

FRIDAY

8:45 AM
Peak Fit Kids
(ages 6-12) - Kelly

10:00 AM
Peak Little Movers
(ages 3-5) - Haley

10:30 AM
Peak Little Movers
(ages 3-5) - Haley

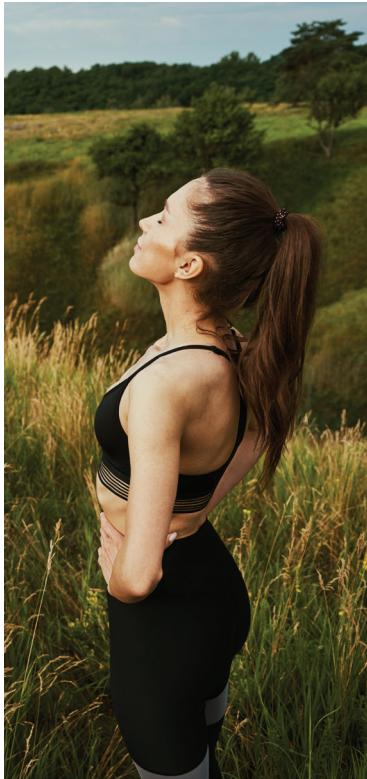
Kids Class Schedule will be changing August 24!



Lung & Breathing Safety

Health Coach Tip of the Month

Tamara Patterson - Fit Pro



As a health educator, I have come across some very fascinating and frightening lung vulnerabilities in my family, clients, and friends. Just this week, I listened to a client share about how a chemical from her bear spray in the air caused constriction in her lungs. My husband is recovering from an inhaled bacteria that led him to a hospital stay with pneumonia, and I see many students in need of their inhaler more frequently as the air is dryer, dustier, and sometimes more polluted.

The below list are items to ponder in order to protect and strengthen these delicate life-giving organs:

1. Pay attention to and strengthen your posture.
2. Learn diaphragmatic breathing.
3. Check the Air Quality Index in your community and do the same before you travel to a new destination.
4. Hydrate, hydrate, hydrate.
5. Take time to breathe deeply and notice times when you hold your breath.
6. Look into the benefits of a humidifier.
7. Keep an anti-inflammatory diet of C, Zinc, D, and other important vitamin rich foods.
8. Avoid obvious pollutants like smoking, exhaust, ag toxins, and the like.
9. Seek medical advice when your intuition tells you. It's better to ask than to risk a vulnerability.
10. Let yourself cough.
11. Exercise in a clean air setting like The Peak when air is dry or knowingly polluted outdoors.
12. Laugh.

HeartSaver CPR/AED Certification

September 13 | 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

October 4 | 3:30 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 or call 468-7368.



Summer MyZone Challenges

JUNE: Turn up the Heat!

Earn 1500 MEPs to be entered into a prize drawing.

JULY: Sizzlin' Summer!

Earn 1800 MEPs to be entered into a prize drawing.

AUGUST: Beat the Heat!

Earn 2000 MEPs to be entered into a prize drawing.

BONUS PRIZE!

**COMPLETE ALL 3 CHALLENGES
TO BE ENTERED INTO A SPECIAL
2ND PRIZE DRAWING!**

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.

Are you up for the challenge?

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

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.

2022 Holiday Hours

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