

# REACH YOUR PEAK

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**Facility Hours**

Monday—Friday

5:00 AM to 10:00 PM

Saturday & Sunday

7:00 AM to 9:00 PM

**Adult Only**

5:00 to 7:00 PM

Monday – Thursday

*The entire facility is reserved for adult members 14 years and older, unless enrolled in a Peak program.*



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www.peakclub.com

**DIRECTOR'S NOTE:**

As we come to the close of 2009, I would first like to thank each of you, our valued members, for your patronage and your loyalty this past year. Although it is a stretch for many of you to afford a membership, I'm hearing from you that sticking with regular exercise has become more of a priority. Whether it's to control stress, weight, blood pressure, or simply enjoying the camaraderie of friends, more members are *visiting more regularly* than in past years. I am delighted to know that people are actually using the Peak as opposed to just "donating." Our goal is to improve the health of the community; our mission is to make lives better through fitness and wellness. Our focus in 2010 is *greater Member Satisfaction and Retention*. Our staff training will reflect that, and our plans for expansion are still in progress. And if we do not have your email, please stop by the Membership Department to provide it so we can communicate more closely with you and help you achieve an even better quality of life.

Please read both our trainer column and Dr Walker's letter in this issue -powerful messages. I hope 2009 has been a good year for your fitness development. If you're not where you want to be, just keep at it: workout with a buddy, hire a trainer, schedule your workouts as an appointment. Move one hour every day (this includes all kinds of daily activities). Keep us posted about your needs and any suggestions that you have to improve our services or facility/equipment. Along with our 120 employees, I look forward to serving you in the coming year. Here's to the next year filled with good health.

Merry Christmas and Happy New Year.

Lynn Compton



Peak Holiday  
Member Party  
December 5th  
7 PM

Register at the Service Desk.

**PEAK  
HOLIDAY  
HOURS**

Closing at 4:00 PM  
Saturday,  
December 5th  
Peak Member Party  
Begins at 7:00 PM

Closing at 2:00 PM  
Thursday,  
December 24th

Closed all day  
Friday,  
December 25th

Closing at 2:00 PM  
Thursday,  
December 31st

Closed all day  
Friday,  
January 1st

# JAVA JIVE

We now are offering several gluten free items including rice bread!

## MEMBERSHIP CORNER WITH JEAN VASKEY

Greetings Members! Don't forget that December is the perfect month to stick to your work-out routine and stay involved at the Peak! Don't let the Holiday stressors and obligations interfere with your workout! We have a few things in place to help you out like \$5.00 guest passes on sale December 1st through the 31st! It's the perfect opportunity to have a friend share a work-out with you, and they also make great stocking stuffers!

If you have a college student coming home for the holidays, remember that you can purchase 30 days for them at the Peak for only \$25! Most of you with kids know how that program works, but if you have any questions,

please come and see me in the Membership Department.

And lastly, don't forget the Annual Member Holiday Party, December 5th, 7pm to 10pm! It's our way of saying "Thanks" to our Members and wishing you well in the New Year! Just sign up and get your entrance ticket at the Service Desk. (If you're a single Peak member, it's okay to bring a guest!) See you at the party!

Jean



## Wouldn't It Be Nice if You Were Already in Great Shape AND Felt Great Before 2010!

*By Abby Mills, Certified Personal Trainer*

Did you make a New Year's Resolution this past year? If you are like most Americans then the answer is yes. Did you decide to lose weight, get in shape, or exercise more? These are some of the most common resolutions. Why do we wait until New Year's Day to start living healthier and improving our lives? Around this time of year, I hear a lot of people say that they will start exercising "after the holidays." But the "holidays" are only a few individual days. So why not start now?

***I am challenging you to be proactive and make your New Year's Resolution today and be in better shape in time for January.*** Make your resolution now, then don't feel guilty for indulging at a holiday party, because your body will already be much more efficient and healthy.

How do you start this process? First, you make your resolution. Remember, New Year's Day is just another day, so we will pretend

that it is today. Choose your resolution carefully. You need to choose a goal that is meaningful to you and that you really want to achieve. It should not be something that you pick just because it is more socially acceptable than what you really want. I run into this often with new clients when establishing goals. Many people say they want to "improve their health" when they really just want to look better. Being honest with yourself about what you want to achieve will result in a much higher chance of success and will keep you motivated.

Second, you will need to understand that the period between Thanksgiving and January 1st is not an eating contest. Yes, there are large meals associated with those days, but that does not mean you are destined to gain weight. Try to prepare a reasonable amount of food so that you do not have lots of leftovers.

Next, you need to offset those

extra holiday calories by increasing your metabolism. In order to achieve this, you will need to start an exercise program that incorporates resistance training and cardiovascular exercise. This combination of cardio and strength-training will result in a body that has more muscle and less fat. The end result - you'll have a higher metabolic rate.

This is extremely valuable at this time of year, especially if you do decide to enjoy a few extra treats.

Doesn't it make sense to start improving your appearance and health now? Join me in making your New Year's Resolution today! Now just imagine: it is 11:59pm on New Year's Eve, you see the ball start to drop, and you hear the crowd, "10-9-8-7-6-5-4-3-2-1, HAPPY NEW YEAR!"

*P.S. Merry Christmas! Keep your eyes focused on the true meaning of the Holidays, not on the food!*

ASK DR DAN...

## TECHNOLOGY WON'T SAVE US

Recently I attended a conference at the new Benefis Heart Tower. The subject was health care reform. John Goodnow, the CEO of Benefis, alluded to the technology now available and how it may come to pass that our society will no longer be able to afford this level of care for all of our citizens.

The most frequent form of heart disease, coronary atherosclerosis, is one of several economic “black holes” in our health care system. The technology involved in the diagnosis and treatment of the late stages of this common illness is tremendously expensive. Think treadmill tests, nuclear scans, heart catheterization, angioplasty, stents, bypass surgery, coronary care units, pace makers, heart transplants and artificial hearts.

All for a disease that in 90% of cases is totally and completely **preventable!** Preventable by inexpensive, low tech, readily available means: a healthy diet, exercise, avoidance of tobacco, treatment for high blood pressure, diabetes and high cholesterol. This is not rocket science. It is cheap as dirt compared to what we now spend on the technology to treat the end stages of this common, progressive and largely preventable disease.

Sadly, our approach to health care is but a symptom of a more pernicious and wide spread malady that affects mankind: **our belief that technology will “save” us.** I loosely quote Dr. Richard Swenson:

“The broad populace has naively come to believe that technological novelty is identical with progress. That it will lead us to the broad sunlit uplands of health, happiness and prosperity. But if technology holds the answer to our problems why are we plagued with the epidemics of our time? Obesity, diabetes, heart disease, cancer, divorce, teen pregnancy, illicit drug use, crime, homicide, suicide, AIDS, litigation, functional illiteracy, national debt, recession, bankruptcy, acid rain, global warming, domestic and foreign terrorism.

Forty years ago our nation’s school children were disciplined for talking, chewing gum, making noise and run-

ning in the halls. Today the biggest discipline problems are rape, robbery, assault, vandalism alcoholism and drug abuse. Forty years ago obesity and Type 2 diabetes were rare among children. Today they are common. This is forty years of progress and technological innovation? We have had more education, more wealth, more science and technology, more medical care, more media and communications – in short, more of everything.

Eighty years ago we had no national debt. Today, we have multitrillion – dollar debt. There is not a soul alive today who understands what a trillion dollars is. Think of it this way. If you counted one digit per second continuously it would take four days to count to a million. Do you have any idea how long it would take to count to a trillion in this same manner? Thirty two thousand years!”

Health care “reform”? We don’t really have a clue, do we? Our society can no longer afford to provide “universal” access to the kind of technology that we have come to expect is our right and privilege. Experience has shown that technology, while bestowing incalculable blessings, has not, will not and cannot save us. We would reap a much richer harvest if we plowed our time, effort and money into prevention.

Prevention. Prevention. Prevention. If our priorities were right, there would be a Peak on every corner. A church in every neighborhood. More heart healthy restaurants. Fewer McDonalds. Fewer casinos. More walking paths and bike lanes. Less TV and more books. Fewer spectators and more participants.

We have met the enemy and he is us. Progress must begin with each of us as an individual. Today. Right now. Not yesterday. Not tomorrow. Today. The old proverb had it right: “If every man sweeps his own porch the world will soon be clean.”

See you in the gym.

Dr. Dan

# Mark Your Calendar!

## 2010 Kids Programs!

**Junior Racquetball**  
Starts January 14th  
4:30—5:30 PM  
Thursdays

**Peak Pee Wees**  
January 13th  
To

February 24th  
9:45-10:30 AM  
Wednesdays  
Member Price:

1st Child - \$35  
(each additional child - \$21)

Non-Member Price:  
1st Child - \$49

(each additional child - \$35)

### TGIF

January 11th  
To

March 17th  
6:00-7:00 PM

Monday/Wednesday

\$45 Peak Members  
\$90 Non Members

Sign up at the  
Service Desk.

## Holiday Kids Camp

December 28th, 29th, & 30th

1:00—5:00 PM

Ages 5 to 11 years

Swimming Games Big Fun!

\$39 Members

\$59 Non-Members

Sign up at the Service Desk, Space is limited to 25 kids.

For more information contact Bonnie Maynard 727-7325 ext 133



### What to Bring:

- Swim suit, towel, & goggles (Monday & Wednesday)
- Clean Athletic Shoes
- Daily Snack (juice and water provided)

Think  
Gift Certificate  
from  
the Peak

## Peak Waves Swim Team Thanksgiving Giveback

Two single moms received four baskets of food this Thanksgiving from the Peak Waves Swim Team. One of the moms was unsure how to afford a Thanksgiving meal for her and her two children. In addition to the generous food donations, the team also gathered stuffed animals, games, and gift cards to Target and Albertsons. A special touch was added to the baskets by three sisters on the swim team that knitted hats and scarves for each member of the two families.

*The Peak Waves Swim Team has been on the receiving end of generosity from the Peak Members supporting its fundraising efforts this year. This included two fabulous bake sales, a raffle, and a car wash. Because of all the kindness the team received this year from both the Peak Members and the Great Falls community, the team wanted to show its*



*gratitude by giving something back. The idea of "what better way to give back, then to give families a*

*Thanksgiving feast" was conceived by one of the team's coaches.*

In the spirit of Thanksgiving and the holidays, the Peak Waves Swim Team would like to give a special thanks to: the Peak for donating the turkeys; Colleen Marron for being the guardian angel of the team; Jim & Viki Cherevatenko for all your help; Vicki Millard for sugar love; Deb McKelvey & Kim Kreit for inspiration; Jane MacDonald for your constant & undying assistance; all the coaches & parents; and finally to Earl Lara- we raffled you off for your baking skills!



*The holidays are here! Time to put some extra cardio workouts into your days. Check out the class schedules to see which classes you can add to your program to help keep the extra pounds off this season!!*

## WHY THE PEAK CHILDREN'S ACTIVITY CENTER?

- Open convenient hours for drop in service. Your children play while you get a great workout.
- We provide a safe environment close by while you exercise.
- 1 to 1 ratio for infants. We take infants at 6 weeks old! (Reservation needed)
- Fully trained staff, trained in child CPR, First Aid, and AED training. All of our employees and service assistants also undergo a national background check before employment.
- We provide a clean environment with regular maintenance and cleaning schedules.
- We provide snacks for your child at a low cost.
- We provide a variety of educational toys, games and crafts to keep the children entertained.
- Check out our fabulous two-level indoor play structure with a slide!
- We provide a drop off service within the facility for the child's other programs (i.e. swim lessons, court programs, TGIF etc.) We will take children to other activities so you do not have to interrupt your workout class or routine.
- We continually strive to provide an excellent experience at a reasonable cost.

### CAC Parents

Beginning January 1, 2010

There will be a slight price increase for childcare services.

#### CAC Card Rate:

\$41.25 (\$2.75/hour with card)  
(18 months and older)

#### Infant Card Rate:

\$45.00 (\$3.00/hour with card)  
(17 months and younger)

#### Member Child Care Rate

\$3.25 per hour per child

#### Member Infant Rate

\$3.75 per hour per child

#### Non-Member/Guest Rate

\$4.50 per child per hour

## Have your Child's Birthday Party At the Peak!

Stop by our  
Children's  
Activity  
Center  
for more  
Information, or  
pick up a  
brochure at the  
"NEWS"  
center.



# FREE!

## DECEMBER TRAINER TALK!

**Tuesday,  
December 29th  
With  
Paula  
Gasvoda**

Get ready for the new year, with a Personal Trainer!! We have a great team of Personal Trainers available to help you set your goals and get started on a path to attain them!

Personal training gift certificates are a fantastic way to share the gift of health with friends or family!! Available at the Service Desk.



**Peak  
Swim  
School**

**Special Level 1  
2-week session**

Tuesday/Thursday  
January 18 - 28

**Winter/Spring  
Swim School**

February 2 - 25th  
March 2 - 25th  
April 6 - 29  
May 4 - 27

\$40 per session Members  
\$60 per session  
Non-members  
Private sessions available.  
Register at the Service Desk  
Starting in January



**BEGINNING TAI CHI**

WITH CYNTHIA QUARTA

This is a beginner level Yang short form T'ai Chi class. Students will learn the classic form of 24 postures. T'ai Chi has proven over the centuries to have many health benefits. It is an effective tool for combating asthma, poor digestion, sleeplessness, high blood pressure, stress, fatigue, poor balance, and a multitude of other ailments brought about by our modern, multi-tasking life-style. T'ai Chi movements may be re-designed with minimal modifications to suit the

needs of everyone, regardless of age or level of fitness.

Starting January 6th  
Wednesday  
5:15-6:15pm  
8-week session  
In the Yoga room  
Free to Peak Members

*Reserve your spot at the Service Desk.*



**Beginning  
January 2010  
ALL  
Pilates,  
Yoga,  
& Tai Chi  
classes  
FREE  
to Members!**



***AFAA Personal Fitness Trainer Certification***

***January 2010***

***22nd—24th***

***Peak Health and Wellness Center***

A three day certification workshop. For anyone interested in becoming a fitness professional and working one-on-one with exercise clients. Includes lectures, practical demonstrations and written and practical exams.

The curriculum includes understanding wellness, health screening and risk appraisal, anatomy and kinesiology, exercise physiology, injury prevention, nutrition fundamentals and weight management, special populations and medical considerations, listening, leadership and motivational skills, exercise program design, weight room/weight training skills, fitness assessment testing procedures

Early registration and pre-study is required. Weight room/ weight training experience is recommended.

Cost is \$479

Call AFAA at 1-800-446-2322 to register or for more information

ARGENTINE TANGO CLASSES  
BEGINNER & INTERMEDIATE  
WITH PATRICK MARSOLEK

Argentine Tango is a complex and intimate social dance containing unique and intricate movements. It can be elegant and it can be playful. Tango is not choreographed, but is improvised as it is danced. Tango is highly personal and expressive, and can be an unforgettable experience intimately shared between you and your partner.

\*Beginning Level - This class is for anyone who wants to learn this beautiful, improvisational dance. Come by yourself or with a partner.

Learn the fundamentals of the connection, the walk, turn, navigation, and dancing to the rhythm of the music. This class will get you to the point where you can go to a dance, do the tango, and have fun!

\*\*Intermediate Level - This class is for ongoing tango students who want to learn more steps and improve their dance. This class will focus on connection, musicality, and dancing creatively. You will also learn new steps and fun combinations to add to your dance.

Heat up the dance floor Tuesday Evenings

January 12th to February 16th

And/or

February 23rd to March 30th

\*Beginner class starts at 7:30-8:30 PM

\*\*Intermediate class starts at 8:45-9:45 PM

Couple's:     \$60 Members   \$75 Non- Members  
Singles:       \$35 Members   \$43 Non-Members

Have twice the fun, sign up for both classes and save!

Couple's:     \$75 Members   \$90 Non-Members  
Singles:       \$50 Members   \$58 Non-Members



*Sign up at the Service Desk.*

**Tango Night  
Invite!**

Come one come all if you have taken tango or would like to learn more. A one night event to come and enjoy this saucy dance!

**Tuesday  
December 29th**

**6:30—8:00 PM  
In the Aerobic Room**

Members:  
Couples \$15  
Singles \$8

Non-Members:  
Couples \$20  
Singles \$10

Sign up at the Service Desk.



## Try These Classes!

### Wholy Yoga

with Lori on Mondays,  
5:30-6:45PM

### Strength n Stillness

with Sandra on Thursdays  
5:30-6:45 PM.

Both classes are beginner appropriate, so if you have never tried Yoga or are somewhat new to the practice, these classes are for you!!

Looking for a daytime intro class **Basic Level 1** with Cyndy Tuesday and Thursday 9:30-10:30 AM in the aerobic studio.

### Intro to Pilates

Introduction to basic principles of Pilates. Breathing techniques, core strengthening, and introduction to props.

*Class times are*  
*Tuesday/Thursday*  
*12:20-1:00 PM*  
*Tuesday/Thursday*  
*5:30-6:15 PM.*

*Stop by the Service Desk to register!*

*Mind/Body Members FREE*  
*Members \$5.00*  
*Non-Members \$35.00*

## Basketball Court Reserved!

Thursday,  
December 3rd from 7:00 to  
8:00 PM,  
the Fitness Staff will be  
teambuilding with the Chal-  
lenge Course Giant Swing  
and Leap of Faith.

Half the court will still be  
open to members.

## New Classes Offered at the Peak!

### Holiday Stress Relief

Join Patrick Marsolek for this nurturing mini-retreat to help you calm down, relax, and stay centered during the Holidays. Take advantage of this opportunity to connect your body and mind. Give yourself a relaxing and restorative gift! You will learn to use specific mind/body balancing techniques used in hypnosis to give you renewed energy and clarity of mind and purpose. Stay balanced and calm through Christmas. No previous experience necessary.

*Monday, December 14th at 7:00 PM in the Yoga Room.*

*Members \$25.00      Guests \$30.00*

### Spanish Class

Habla usted Espanol? If you're traveling to a Spanish-speaking country, you'll learn the basics to help you get around.

*January 19th-March 9th Tuesdays 6:30-8:00 PM*

*Members individual \$95    Couples \$150*

*Non-Members individual \$120    Couples \$185*

**Pilates Boot Camp!** The Power is in Your Core, small group power training (8 people per class) Circuit format is fast paced, individual instruction for personal development. You commit to 8 classes per month and you'll see the rewards...No drop-ins. Improve muscle tone, and strength, invest in your healthy body; **Pre-requisite: Must have participated in Pilates Mat class or private sessions.** *Class Times: Monday/Wednesday 12:15-1:00 PM Tuesday/Thursday 6:30-7:15 AM*

*\$80 Members*

*\$105 Non-members*

### Pilates for Golf

Longer Drives    Steadier Putting    Controlled Iron Play    Improved Concentration

Pilates for Golf will build balance, strength and flexibility while teaching the body to move in integrated efficient ways. Golf is a mind-body sport. Pilates is a mind-body form of training. The best results come when the mind and body are synchronized, working together to carry out the actions you imagined for your shot.

*January 12<sup>th</sup> to April 1<sup>st</sup> -Mondays and Wednesdays 3:00-4:00 PM*

*January 11<sup>th</sup> to March 31<sup>st</sup> on Tuesdays and Thursdays 6:30—7:30 PM*

*Members \$ 75*

*Non Members \$99*

*For more information or to sign up for any of these classes, stop at the Service Desk.*

## **Pilates Boot Camp...Get Results!**

See what these satisfied members have to say about Pilates Boot Camp!

"Intense, fun way to work your muscles in different ways. Adaptable to your fitness level and personal attention to maximize benefit."

"Pilates Boot Camp is great. The class is challenging for all of us. Jan Wolf give us each extra attention and makes adjustments to exercise to match every ones skill level."

"The small size of the Pilates Boot Camp class assured one-on-one instruction so I got the most benefit from the exercises and it was fun!

"The Boot Camp was exhilarating. I loved the individual attention and I realized a great improvement in my muscle control. Thank you Jan." -  
Marlene

"It's a great discipline for proper breathing while getting in better shape. Working on our body core is so important especially for those of us with bad backs and a little more around our waistline."