

REACH YOUR PEAK

JUNE 2008



Fitness Floor

Summer Hours

There will be a trainer available for answering questions during these times:

Monday

5:30 - 6:30 AM
9:00 - 10:00 AM
12:00-1:00 PM
4:00-6:30 PM

Tuesday

5:30 - 6:30 AM
9:00 - 10:00 AM
4:00-6:30 PM

Wednesday

5:30 - 6:30 AM
5:00 - 6:15 PM

Thursday

5:00 - 6:15 PM

Saturday

8:30 - 9:30 AM

**Membership Promotion June 23rd through July 3rd.
"The 6 for 60" Sale! Help others while you help yourself.
Bring in 6 non-perishable food items for the Great Falls Food Bank
and receive 60% off your enrollment fee!!
Call membership for details, extension #120.**

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www.peakclub.com 🏠 406 727-PEAK 🏠 1800 Benefis Court 🏠 Great Falls, MT

**Monday - Friday
5:00 AM to 9:00 PM**

**Saturday & Sunday
7:00 AM to 7:00 PM**

5-7 PM Monday-Thursday
The entire facility is reserved for
Members & Guests 14 and older
*Scheduled programs are an exception



Director's Letter

LET'S KICK OUR EXERCISE ROUTINES INTO HIGH GEAR!!

**A recent Time Magazine study of Americans' "average" daily behaviors revealed a disturbing trend: most people aren't exercising. It appears that the general public engages in 20 minutes (total!) of physical activity each day. Only 17% of the population exercises for over an hour. According to the American Times Use Survey, on any given day 83% of Americans don't exercise at all. The survey also showed that last year, \$4.9 billion was spent on fitness equipment and \$17.4 billion on club dues in the U.S. However, not even those investments guarantee participation: the magazine noted that 20% of paying Gold's Gym members haven't worked out at their club for the past four months. After work and sleep, TV viewing consumes the largest segment of the typical day.*

Given these stats, it is not surprising that we have an epidemic of lifestyle diseases plaguing our modern day society. At least 62% of Americans are overweight or obese, setting the stage for early-onset diabetes, heart disease, depression, and certain types of cancer. The only key to turning-about the ship, is to increase physical activity, improve diet, and take a bit of time out each day for quiet. (Also find your joy!)

THE GOOD NEWS...

Many Peak members have improved and changed their lives by making exercise a daily or weekly staple in their lives. But if you need to "get down to business" with your exercise routine, our Fitness Staff have designed a motivational plan for you this summer. Although there are many opportunities to be active outdoors during this beautiful season, you will benefit and see more results if you participate in the following workout as the foundation of your exercise activity.

REACH YOUR PEAK FITNESS LEVEL THIS SUMMER, by registering to workout a specific number of sessions each week at the Peak. Check out the information below and have a FUN, SAFE, and HEALTHY Summer! *Lynn Compton*

**From Club Business International*

REACH YOUR PEAK this summer!

Join our Summer Incentive program for \$10 and you could be one of two winners!

Prizes are a car detailing and a Guided Dinner Float Trip for 4 on the Missouri River by Montana River Outfitters. Stop at the Service Desk for sign up & more information.

The Following Classes go on hold for the summer starting June 1. Watch for their return in the fall:

5:00 PM Monday/Wednesday Intro to Pilates
 5:45 PM Tuesday/Thursday Level 1 Pilates
 12:15 PM Thursday Training Wheels
 – Intro to Cycling
 5:45 AM Wednesday Meet Your Needs Yoga
 8:30 AM Saturday Yoga
 8:45 AM Water Rodeo
 10:10 AM AquaMotion
 4:15 PM Friday PACE
 4:30 PM Thursday Ab blast/Cardio BOSU
 5:15 AM Thursday Body Conditioning

Try one of these FANTASTIC WORKOUTS that are included in your Membership!

5:30-6:45 PM Monday and Wednesday-Intro to Yoga with Katrina Nebel, for beginners or to refresh your practice.

5:30-6:45 PM Tuesday and Thursday Level 1 Yoga with Chris Morris and Deb Poole continue to enhance your practice.

8:30 AM Aerobic Classes,

Monday -Cardio Interval Step with Laurie Roberts for a great cardiovascular workout.

Tuesday- total toning Body Conditioning with Laurie Roberts.

Wednesday -cardio and toning with Step and Tone taught by Susan Speight.

Thursday-combo class – Interval Step with weights, get cardio and strength AND flexibility with Laurie Roberts.

Friday- Step with Jan Wolf or BOSU/ Coreboard with Lori Snyder

(alternating each week),

Monday 4:45 pm Cycling class with Susan Lemelin.

June 2nd, get your workout while playing Biking Bingo!!!

June 9 is a Beach Party – you will want to wear your bikini or other favorite Summer Tropical Gear!!

June 16 take a Virtual Cruise through California!
Prize drawings and giveaways, lots of laughs!

Thursday 5 PM Cycling class, new convenient time, Challenging and fun with Sandra Corbett. Great way to keep your legs in shape for your outside rides! Plus, earn a point each week to reach your Summer Incentive goals! This class is another great Peak benefit!



Train Your Mind Like the Pros with Sports Hypnosis

You know the importance of training your muscles. But you should also know the importance of training your mind. It's no secret that elite athletes like Tiger Woods, Ken Norton, and 1980 National League batting champion Bill Buckner use hypnosis to propel them to the next level. Now, you can acquire these same techniques, and reap the benefits of unconscious peak-performance training.

Get in the zone like professional athletes do. With the Help of Self-hypnosis techniques, You Can:

- * Enhance your concentration and focus.
- * Work and play with greater intensity.
- * Build your confidence.
- * Remain poised in the most competitive situations.
- * Replace doubt with optimism.
- * Reduce anxiety and stress.
- * Achieve peak performance.

Join Patrick Marsolek

Tuesdays, July 8th through 29th 6:30-8:30 PM.

Peak Members \$95 Non-members \$110

Sign up at the Service Desk.

Patrick Marsolek is a Certified Clinical Hypnotherapist in private practice in Helena. He is also the author of Transform Yourself: A self-hypnosis manual. He lectures and teaches classes on self-empowerment, helping people access their own inner resources to change their lives. Please contact Patrick for more information at 443-3439 or e-mail research@irfs.com See www.innerworkingsresources.com for more information about this class.

Check Out the Peak PRO SHOP!

Brand new Danskin activewear now in plus sizes!

New Yoga and Pilates Accessories including Buff Headwear and Premium Fabric Yoga bolsters!

Speedo swimwear for Men AND Women!

Men's, Women's AND Toddler Aqua Shoes!

Don't forget Dad on Father's Day June 15th. Lots of great gift ideas including racquetball and squash racquets and accessories and Nike Apparel!

**Father's Day Sale
June 9th to 15th**

Great Deals and Fabulous Steals!

A big Peak Welcome to the newest member of our Peak Team. Richelle Valdez is the Children's Activity Center Coordinator.

We are excited to have Richelle on board with her fresh ideas and love of being a part of a positive and healthy atmosphere.

WELCOME RICHELLE!

KIDS CAMPS COMING THIS SUMMER!

Great NEW Format!

THEMED weekly camps,
MORE ACTIVITIES,
MORE HOURS, &
MORE TIME TO PLAY.....

Camps held
MONDAY THROUGH FRIDAY
From 1:00 to 5:00 PM

Sign Up TODAY!

FIT KIDS CAMP for ages 5-7 and 8-to 11; JUNE 16th -20th

SKILLS N' DRILLS SPORT CAMP ages 5-7 and 8-to 11; JUNE 23rd-27th

ALL NEW WATER CAMP ages 9-16 only; JULY 7th -11th

activities include jr. lifeguard training, water polo, dive/swim instruction and much more! There will be no camp for the younger kids this week.

FIT KIDS II -mind and body ages 5-7 and 8-11; JULY 21st- 24th

Cost:

Members- 1st Camper \$70; additional siblings AND additional camps \$63

Non-Members - 1st Camper \$99; additional siblings AND additional camps \$90



Montana in the summer time is a great opportunity to take advantage of one of the best exercises you can do for your body...

Walking!

Here's a couple of ways to participate in a group...

Walkin' Strong

*Why would people come to a walking class?
Because it WORKS!*

Consistency is the key. Most of us simply do better when we exercise together. Each class offers 4 additional exercises along with walking to promote muscle strength, better balance, and agility.

Walk at your own pace and don't worry about the weather.

Mondays, Wednesdays, & Fridays
8:00 to 8:50 am in the Gym
Begins June 18th

You can join anytime during the 8 week session!

*"I have found "Walkin' Strong" to be a great help in working through the stiffness from arthritis that I feel in the morning. I only wish the class was five days a week instead of three! Walking indoors, on a safe surface, with friends old and new is great fun. I like the challenge of speeding up my pace and seeing the results show up in my pedometer. "Walkin' Strong" is of value by itself, but also serves as a terrific warm-up to other classes and activities such as water aerobics, PACE, etc.
-Cheryl Grau*

Initial fee of \$40 includes a pedometer. Each time you enroll in a session, the fee is lowered. Most participants are now attending for free and building great stamina week after week!



National Trails Day 2008

June 7th

Meet at Gibson Park

Hosted By Get Fit Great Falls

We will take people out into the woods and lead several different, unique hikes! Anyone can join! It won't cost you anything

Hikes:

Walk of Historical Churches, 1 mile, easy.
Departs at 9:00am

Historical Walk along River Trail, 1 mile, easy.
Departs at 9:30am

Sulphur Spring, moderate difficulty level,
3.6 miles. Departs at 9:15

First People's Buffalo Jump, moderate difficulty level, 3
miles. Departs at 9:00am.

North Side of River/ Rainbow Dam, easy 1 mile.
Departs 9:30am.

Tower Rock, very difficult, 2 miles.
Departs at 9:00am.

Benton Lake, moderate 3 mile hike.
Departs at 9:30am.

Bicycle Loop starting in Gibson Park.
Departs at 10:00am.

You can Pre-Register at: 791-7700
Visit www.getfitgreatfalls.org For updates!





Peak Summer Swim School

Take advantage of this great opportunity to learn how to swim in a safe and fun atmosphere here at the Peak!

- ✓ All lessons are limited to 4 students per instructor
- ✓ Warm Pool 93 degrees
- ✓ All lessons are 30-minutes in length

Classes Offered:

Waterbugs ages 6 months to 3 years
Levels 1 thru 5 and Adult Lessons

Cost:

\$40.00 per session/members
\$60.00 per session/non-members

Private Swim Lessons available.



Stop by the Service Desk to register.

Summer Sessions

<u>Monday thru Thursday</u> <i>Afternoons</i>	<u>Tuesday/Thursday</u> <i>Mornings, evenings</i>
June 10th-19th	June 10th - July 3rd
June 23rd - July 3rd	July 8th -31st
July 7th-17th	August 5th -28th
July 21st-31st	
August 4th-14th	



FEELS GREAT

Peak Waves are looking for new swimmers this summer - contact Helen Houlihan, head coach, and get on the swim team today!

2008 Red Cross Junior Lifeguard Training



Junior Lifeguard Training

Tuesday - Thursday

June 10th – July 3rd

4 weeks, 2 classes per week for 60 minutes

Members: \$50.00 Non Members: \$70.00

The American Red Cross Guard Start program is for our Lifeguards of Tomorrow. This course provides a foundation of aquatic and leadership knowledge, attitudes, and skills for future successful completion of the Red Cross lifeguarding course. Ages 10 and up.

Prerequisites:

- ✍ Swim the Freestyle (Front Crawl) for 25 yards continuously while breathing to the front or side.
- ✍ Tread water for 1 minute using arms and legs
- ✍ Submerge and swim a distance of 10 feet underwater
- ✍ Special Requirements:
- ✍ Must fill out a Registration and Payment required at the time of sign up.

Learning Objectives:

Prevention

1. Learn about the causes and ways to prevent drowning and diving accidents
2. Learn how to supervise others around the water
3. Learn how to recognize when someone is in trouble

Fitness

1. Improve swimming stroke mechanics, endurance, strength, and physical fitness level for the skills necessary to become a lifeguard

Response

1. Demonstrate, with prompting, how to perform self-rescue
2. Demonstrate, with prompting, how to assist others in trouble in the water
3. Demonstrate, with prompting, how to provide basic-level first aid, CPR, and AED

Leadership

1. Learn about leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be part of a team and provide good customer service.

Sign up at the Service Desk or for more information, please contact Helen Houlihan.



Ask
Dr. Dan:

BECAUSE I DO NOT KNOW HOW TO DANCE

Socrates learned how to dance when he was seventy. When asked why he was taking dance lessons at his age, he replied, "Because I do not know how to dance!"

Which brings me to the first subject of this month's question for Dr. Dan.

Dr. Dan, did I see you and your wife out dancing at the Moose Club last Saturday night?

Well sort of. It depends on how many drinks you had, the clarity of your vision and how you define "dancing". We were indeed there and my wife was dancing. I was with her and was on the dance floor and moving around, but I'm not sure what I was doing would be properly called "dancing".

Amongst my many shortcomings are an abhorrence of public displays of any kind, a fear of making mistakes and a complete absence of any sense of rhythm and beat. When I attempt to do the Tango it is more properly called the "Tangle". However the evening was very, very instructive. Let me tell you why.

Nancy and I were the youngest couple there. The average age must have been at least seventy five. I was told that one lady was ninety five. And she was an exceptional dancer. But what struck me was not the age of the dancers so much as it was the "joie de vivre" that they exhibited. They were active, engaged and engaging. The physical and emotional benefits of this kind of "Saturday night fever" are inescapable. Instead of decaying mentally, socially and physically by sitting in front of the "boob tube", these members of an older generation were still participating actively in life. And in spite of their age and some obvious infirmities, they were all, every one of them; far, far better dancers than the youngest couple on the dance floor. We were humbled.

The take home lesson of this Saturday night at the Moose Club was a new found respect for the generation that preceded mine and a hope that I can learn to imitate them not only in their ability to dance, but in the attitude which they bring to life. An attitude that fosters health even in the face of advancing years.

The second lesson I learned this Saturday night came from eavesdropping on a conversation between an acquaintance and a family member, a freshman in college just returned home for the summer. We have all been there and know how much we appreciated advice at that age. And yet this advice was so sage that it caught my ear.

"You need to find something to be passionate about. And then study it for an hour a day. Within three years you will be an expert. You will eventually find that people will pay you for your knowledge. You can make a living at something you love and it will no longer be work."

Now that is good advice for any one. At any age.

So my plan is to dance and be passionate. How wrong can you go with that?

See you on the dance floor.

Dr. Dan



Member Only Personal Training Package Offer

Buy two, 8-Session Training Packages and receive a FREE SESSION!

Individuals, 2 - 3 - or 4 person packages
Yoga Private Sessions
Pilates Private Sessions
Personal Training Sessions

Don't miss out on this GREAT Member Benefit!
Talk to your trainer TODAY!