

Newsletter
March/April
2017

Blue Mountain - 406 251-3344
Racquet Club - 406 251-3356
Downtown - 406 317-1960



Hours:
Mon-Fri 5 am-10 pm
Sat-Sun 7 am-8 pm
peakmissoula.com



**THANK YOU
FOR MAKING US
MISSOULA'S CHOICE!**



**#1 Health Club/Gym
#1 Group Fitness Classes
#1 Yoga Classes**



**Spa Finalist: SPA at the Peak
Massage Therapist Finalist:
Sophi Medlinger**

DIRECTOR'S CORNER

Susie Turner, Director

susie@peakmissoula.com, 240-1330



SPRING BREAK is right around the corner and I want to remind parents and guardians of the PEAK CHILD POLICY. Please remember that we are NOT a drop off child facility.

Children under the age of 14 must be accompanied by a parent or guardian who is within arm's length. Children may be on the running track, pool, racquetball courts, basketball court and lobby as long as they are WITH a parent or guardian.

LIMITATIONS: Children under the age of 14 may NOT use the cardio equipment, weight rooms, weight machines, steam rooms or sauna at any time. The PEAK has designated Monday through Thursday from 5-7 pm as "Adult Hours." During this time, children under the age of 14 may use The PEAK only if they are enrolled in a PEAK sponsored youth activity, such as swimming, basketball camp or tennis lessons, or are in The Jungle Childcare or the Jungle's teen center, The Summit. Please call 251-3356 ext 23 for more information about programs, rates, hours and policies. The Summit is very affordable and offers a way for parents to get in a great workout or class and then engage in various activities with their kids at The PEAK.

LOCKER ROOMS: Children under the age of 4 may use the opposite gender locker rooms with a parent or guardian. Children ages 4-13 must use the same gender locker room or the family locker room.

POOL: Family swim takes place anytime when Adult Only Hours are not in session and when there are no water classes or group lessons taking place. See the monthly aquatic schedule for availability or email swimming@peakmissoula.com. Please note that by State Law, children under the age of 5 may NOT use the hot tub at any time.

All child(ren) 13 and under must be on your membership account even though they are FREE. If they are not on your membership, they will not be allowed access to The PEAK. Contact ertn@peakmissoula.com to add them for FREE. They will not be given a swipe card; however, will need their picture taken (this just allows us to identify them as belonging to you the parent/guardian.)

Thank you for adhering to these policies. We love having you and your kids at The PEAK and want to make this a place you enjoy as a family for years to come. Questions, contact me, 240-1330 or susie@peakmissoula.com.

THANK YOU FOR VOTING US #1 for BEST HEALTH CLUB/GYM, GROUP FIT CLASSES, YOGA CLASSES and FINALIST for SPA and MASSAGE/Sophi Medlinger. We have the best members and staff and I couldn't be more proud! You may receive a survey via email and I would appreciate you taking a couple minutes to fill it out and submit. It will allow us to improve the club based on your feedback. If you don't receive a survey and have suggestions on how we can improve the Club, please contact me at your convenience; susie@peakmissoula.com, 240-1330 or stop by and see me at the Blue Mountain location. Thank you again for voting us Missoula's Choice and Best of Missoula. We love our members and staff!

-Susie Turner, Director

Health & Wellness



Karna Sundby, Life Coach

Certified Life Coach and NLP Master Practitioner

APRIL FREE CLASS: *Self-Belief, Limiting or Empowering You?*

Blue Mountain

Wednesday, April 12, 6:30 pm

Thursday, April 13, Noon

Your ability to achieve any goal ultimately hinges on your personal beliefs about yourself. Help identify your

Limiting Beliefs and learn how to change them into Empowering Beliefs.

Reserve your spot by signing up at the Blue Mountain Service Desk, 251-3344.

Karna offers a complimentary 20 minute consultation, to explore what's stopping you from achieving your goals. Together you will develop a plan to help you attain the results you want. To schedule an appointment contact Karna, 880-2555.



Denise Zimmer
Registered Dietitian

Strategies to End Late Night Snacking

Eating after dinner or right before bed can become a habit and one that often adds unwanted calories that are high in fat and sugar. Often people eat when they are not even hungry...just bored, lonely, tired, or thirsty. Watching all those tempting ads on TV can also trigger your desire to eat.

Here are a few tips to help:

- Eat 3 healthy meals per day including foods from all the food groups: whole grains, fruits, veggies, dairy, and protein. People who start out their day with a good breakfast (include 3 of 5 food groups) are less likely to overeat later in the evening. Example: *Dave's Killer Bread, 1 T. peanut butter, sliced banana *Whole wheat English muffin with an egg on top and a slice of cheese *Oatmeal with milk and raisins and nuts
- Focus on eating a dinner meal with protein and fiber (fruits & veggies). We tend to plan our meals around the main course and vegetables seem to be an after thought with little planning on how to make them tasty! Check the following link for some ideas, fruitsandveggiesmorematters.org.
- Brush your teeth after dinner. This simple strategy can help you think twice about eating more.
- Get Enough Sleep. Lack of sleep disrupts the appetite hormone that helps regulate the feeling of fullness. Research shows that sleep deprived people tend to eat more overall calories during the day.
- Get your 8 cups or 64 ounces of water per day! Being dehydrated can be mistaken as hunger. Water plus fiber intake (whole grains, fruits, veggies) can increase the feeling of fullness.
- Allowing yourself an after dinner snack on occasion is fine....just don't make it a habit if you are trying to control your weight. Portion out what you want to eat into a small bowl or plate. Eating out of a bag or carton is a sure way to overeat! Be sure you are not just watching TV and eating....enjoy every bite!

Denise Zimmer, R.D.
PEAK Dietitian

The PEAK is now offering Nutrition Counseling Services with Denise Zimmer, Registered Dietitian. We will continue to offer one free 30 minute nutrition consultation per member, but this new service will allow members that want more nutrition guidance and support to make appointments with Denise. Please call The PEAK for pricing.

Denise Zimmer, R.D. has over 25 years experience helping people reach their nutrition goals. Her focus is on healthy eating for a lifetime with practical advice to enhance athletic performance, lose weight, gain muscle, increase energy or fine tune present eating habits. Denise will evaluate your current eating and make suggestions on how to make a more balanced & healthier plan. Setting people up for success is her priority!

Announcements



FREE 30 Minute Private Nutrition Consultation

Free Consults for members with Denise Zimmer, R.D.

Blue Mountain: Tuesday, April 18, 4-7 pm

Downtown: Thursday, April 20, 11 am-1 pm

Sign up online [Nutrition](#) or contact our Service Desks.



**Thank you for choosing
The PEAK as your health club of choice.**
In the future, you will receive a survey from Medallia, the software company we have engaged to help us improve your membership experience. Your voice matters and we want to hear from you. Thank you in advance for helping us make The PEAK better each and every day.

AQUATICS

Stephanie Potter, Aquatics Director
swimming@peakmissoula.com, 251-3344 ext 225



Tri Swim Training

Whether you are a seasoned triathlete or a newbie to triathlons-now is the time to begin your swim training. The most obvious benefit to start your swim training early is to develop better endurance and stamina. Many people believe that if they are in good running and biking shape, they are also in good swimming shape. The reality is quite the opposite! Different muscles are used in swimming and this sport requires a very different approach to breath control and oxygen intake.

There are a few things to keep in mind during your triathlon training: the first is relaxation. Your swim portion will likely be in open water; which means you will likely be jostled around, splashed, shoved and sometimes dunked. If you feel panicky or anxious about this, you may have a problem. The second thing to understand is breath control. You have to learn to exhale while your face is in the water and inhale as your body turns to the side. You should never hold your breath while swimming! The third point worth discussing is body position. Proper positioning is essential to good swimming. New stroke techniques emphasize swimming uphill, which mean you want your body to be level or inclined slightly downward at the front. There are many small adjustments to body position that will enhance your swimming: head down, hips high, and best hand entry.

How do you get the most out of your training? Swim with a coach who can watch and critique your strokes. See our monthly PEAK Aquatics schedule for Free Tri Training & Coached Adult Swim classes. A new Thursday morning Coached Adult Swim class has been added in March. Private swim lessons are also a good way to receive individual attention during your training. For more information contact Stephanie Potter: swimming@peakmissoula.com, 251-3344 ext. 225.

COURT SPORTS

Jim Stephens, Court Sports Director
jim@peakmissoula.com, 251-3356



2017 Montana State Squash Tournament April 21-22

Entry forms available at the Racquet Club.
For more information contact Jim Stephens: jim@peakmissoula.com, 251-3356.

TRY a Court Sport

Each month The PEAK offers free introductory group court sports clinics. Clinics will consist of a brief overview of the game, including safety and etiquette, followed by on-court instruction and play. Sign up at the Racquet Club to reserve your spot. For more information, contact: jim@peakmissoula.com.

FITNESS

Mike Rankin, Fitness Director - Downtown
mike@peakmissoula.com, 317-1960



Stephen Pitts, Fitness Director - Blue Mountain
stephen@peakmissoula.com, 251-3344



Your Fitness Journey

We know what a huge undertaking it is to begin a new exercise program and maybe it is the first time joining a gym. We want you to make fitness a lifelong journey and are here to help you to start on the right foot in a fun, safe and encouraging way so you see the results you want to make.
Here are my "Must Do's" to have success and make the most of your PEAK Membership.

1. Meet with a trainer! [A New Member Consultation](#) is a free service we offer all new and current members alike. It is a way to make sure you are getting the personal attention you need. We can help design a specific program for your goals and make sure you are using the PEAK equipment safely and effectively.
2. Take a Group Fit Class. People who participate in Group Fitness Classes do much better than those who workout alone. The camaraderie you build and the friendships you create can be the difference in continuing your fitness journey. We offer classes to fit anyone's schedule, level and fitness goal. See why we were voted #1 in Missoula's Choice and Best of Missoula for Workout Classes and Yoga Classes!
3. Hire a Personal Trainer. Guaranteed Results are yours when you make the investment in working with one of our experienced professional trainers. Results equal long term dedication.
4. Workout with a friend. Having a workout buddy or a family member can make a huge difference when it comes to workout consistency. We all need the support and accountability a good workout buddy can provide us.
5. Try something new. One advantage of a PEAK Membership is we offer an incredible array of fitness programs. Everything from Yoga, Pilates, Aquatics, Small Group Training Classes, Weight Loss Programs, Group Fitness Classes, Tennis, Racquetball, Handball, Squash, Pickleball, Nutrition and Life Coach Counseling, Personal Training Services. Always challenge yourself to bust out of the rut and try something different. This guarantees you will never get bored and you will always be challenged by learning new exercise techniques
6. Reward yourself when reaching a goal. Treat yourself to a massage or facial at The SPA at the Peak, our full service spa.

We are here for you for every step of your fitness journey.
Mike Rankin

Welcome



Julie Dimitroff
Blue Mountain
Personal Trainer



Tyler Mullins
Downtown
Intern

GROUP FIT
Kelly Rauk, Group Fit Director
kelly@peakmissoula.com, 251-3344



New Class
Senior Fitness
Downtown
Wednesday, 8 am
with Personal Trainer Marlon

PEAK Group Fit Classes Voted #1

Thank you to everyone who voted us #1 Missoula's Choice again! With Spring nearly here, prepare your body for spring sports, yard work, and the dreaded "bikini season" with Group Fitness at the PEAK. Gain overall strength and cardiovascular fitness in classes like Muscle Pump and CSI at both our Blue Mountain and Downtown locations. Looking to try something a little tougher? Try Gym Class Heroes or PEAK X-treme at our Blue Mountain location. If you need to ease into any of these classes and learn more about proper technique while still gaining strength, try out Pump and Core at our Blue Mountain location. If you are looking to try your first triathlon this spring (or have done many), a great way to prepare yourself is with our Tri-Training class, Hot Laps class, and Cycling classes. Lastly, if you are like the majority of our Group Fitness goers and prefer to dance your way into fitness, we have a variety of Oula, Oula Power, and Zumba classes at both of our locations.

As always, if you have any questions or would like a tour of one of our Group Fitness or Cycling rooms, please contact me at kelly@peakmissoula.com.

Kelly Rauk
Group Fitness Director

JUNGLE
Stephanie Wilkerson, Jungle Manager,
swilkerson@peakmissoula.com
Racquet Club 251-3356
Downtown 317-1960
Fax 251-3332



Spring is almost here and we can't wait to go outside and play! The Jungle has started selling our annual spring pass. Please inquire by phone or in person on prices.

Friday Night Jungle Party

We are pleased to announce our first ever Jungle Party/ Date Night, April 28, 5:30 pm-8 pm, Racquet Club. Please take note that our Jungle will close at 5 pm. We need a minimum of 10 kiddos signed up to make it happen.

Welcome to the Jungle and Team PEAK

Welcome new Jungle Staff: Ashlyn Perkins, Blue Mountain and Brianna Becton, Downtown.

Jungle Hours:

Mon-Thur: 8:30-8 pm

Friday: 8:30 am-7 pm Racquet Club

8:30 am-4 pm Downtown

Saturday: 9 am-2 pm

MIND & BODY

Stephanie Peabody, Mind & Body Director
stephanie@peakmissoula.com, 251-3356 ext 17



THANK YOU MISSOULA!! We are thrilled that you have again voted PEAK Missoula's Choice for Yoga Classes! Our top-notch diverse team of yoga instructors thank you and will continue to bring out your best on the mat!

Yoga For Runners, Racquet Club
Monday, 6:30-7:30 am
Sherie

New Saturday Barre Class Downtown
Saturday, 9-10 am
Joelle/Grace

PRO SHOP

NEW ARRIVALS



The SPA at the Peak

Laura Wagner, Spa Manager
laura@peakmissoulaspa.com, 251-8200



Thank You for making us a Finalist in Missoula's Choice!

Spa: SPA at the Peak

Massage Therapist: Sophi Medlinger

April Specials

Ecotan Organic
Tanner
25% Off

Deep Conditioning
Hair Treatment
\$25

Brazilian Bikini
Wax
\$5 Off



Visit us at peakmissoulaSPA.com
Like us on Facebook
and follow us on Instagram

TENNIS

Scott Potter, Tennis Director

scott@peakmissoula.com, 251-3356 ext 11



Even though there are small signs that spring is just around the corner, tennis at the Racquet Club is rolling along indoors. January and February were busy months at the club and we continue to see steady court usage. Summer programming available May 1.

Scott Potter



Junior Tennis Programs

Micro-Shots 4-7yrs & Hot Shots 8-10yrs

Tuesday & Thursday, 4-5 pm

Micro-Shots 4-7yrs & Hot Shots 8-10yrs

Saturday, 9:30-10:30 am

Futures 10-15yrs

Tuesday & Thursday, 4-5 pm

Futures 10-15yrs

Saturday, 10:30-11:30 am

Challengers 12-18yrs

Monday & Wednesday, 4-5:30 pm

Young Guns 8-12yrs

INVITE ONLY GROUP

Monday & Wednesday, 4-5:30 pm

Team PEAK 10-18yrs

INVITE ONLY GROUP

Tuesday & Thursday, 7-8:30 pm



Adult Tennis Programs Sign up & Pay Each Week

Ladies Game Drilling, 2.5/3.0: Wed, 10-11:30 am

Ladies Game Drilling, 3.5: Mon, 10-11:30 am

Ladies Game Drilling, 3.5/4.0: Sat, 9:30-11 am

Ladies Game Drilling, 4.0: Fri, 8:30-10 am

Men's Game Drilling, 3.0/3.5: Mon, 7-8:30 pm

Men's Game Drilling, 4.0: Sat, 8-9:30 am

Men's Night, 3.0/3.5: Wed, 5:30-7 pm

Men's Night, 4.0: Wed, 7-8:30 pm

Cardio Tennis: Thu, 6-7 am



University of Montana Practice Schedule

The UM Tennis Teams will start practice in January. The season runs January 16- April 30. They are scheduled to practice 5-6 days a week, with some Saturday practices times thrown in when they are not traveling. Please keep in mind that they do travel frequently on Thursday & Friday. I will keep you informed of the days they are not practicing to allow you to play more.

Women: M-F, 6:30-8:30 am (3 courts)

No practice Saturday & Sunday.

Men: Mon, Tue, Thu & Fri, 2:30-4 pm

Sat & Sun, 2-3:30 pm (3 courts)

No practice Wednesday.



PEAK Club Championships

Our Adult Club Championships are just around the corner. You'll be able to enter singles and gender doubles events April 28-30. Juniors can play in the 4.5+ divisions.

NO MIXED DOUBLES IN THIS TOURNAMENT

Date: April 28-30, Play starts Friday, 2:30 pm

Divisions: Men's and Women's & Singles & Doubles, 2.5, 3.0, 3.5, 4.0, 4.5+
Max # of events=2

Cost: \$25/per/division-3 matches per division

Entry Begins: Wednesday, March 15
Contact Service Desk, 251-3356 ext 10, and let them know what divisions you want to play in. Please let them know who your doubles partner is or if you need us to find you a partner

For more info contact Scott Potter: 251-3356 ext 11, scott@peakmissoula.com.



March/April Event Schedule

GCTA Clinic - March 5, 5-6:30 pm

Ladies Day - March 9, 1-2:30 pm

Ladies Night - March 10, 5:30-7 pm

BNP Paribas Club Trip - March 10-14

Junior Shootout - March 11, 5-8 pm

Mixed Doubles - March 17, 5:30-7 pm

Ladies Day - March 30, 1-2:30 pm

GCTA Clinic - April 2, 5-6:30 pm

Ladies Day - April 13, 1-2:30 pm

Mixed Doubles - April 14, 5:30-7 pm

Junior Shootout - April 15, 5-8 pm

Ladies Night - April 21, 5:30-7 pm

Ladies Day - April 27, 1-2:30 pm

Club Championships - April 28-30

GCTA Clinic - April 30, 5-6:30 pm



UM Home Matches

The UM Men's & Women's tennis teams have several home matches in March & April. Come and cheer on the Griz as they head towards the Big Sky Championships.

UM Men vs Sac
St. April 7, 2 pm

UM Women vs Weber
St. April 8, TBD

UM Men vs Idaho
St. April 9, 10 am

UM Women vs N.
Arizona April 16, TBD

Um Men vs Weber
St. April 23, 10 am



WE LOVE OUR STAFF!
Thank you for your years of dedication.

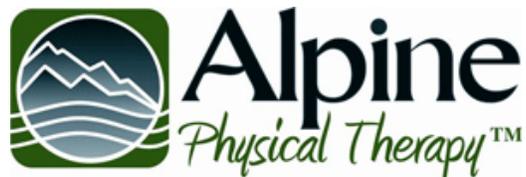
MARCH

Sarah McNerney - 9 Years, M & B Instructor
Kathy Argo - 7 Years, Pilates Instructor
Richel Stropky - 7 Years, Group Fit Instructor
Shane Julius - 5 Years, Personal Trainer
Jay Kurtz - 4 Years, SPA Massage Therapist
Tracy Munoz - 4 Years, Group Fit Instructor
Amanda Taylor - 2 Years, Group Fit Instructor
Tyler Carlson - 1 Year, Personal Trainer
Sadie Hirshberg - 1 Year, Aquatics Instructor
Jenna Tomiello - 1 Year, M & B Instructor
Jordan Hunter - 1 year, Service Desk
Kate Jackson - 1 Year, Pilates/Membership
Tara Mund - 1 Year, Group Fit Instructor
Haley Flynn - 1 Year, Aquatics Instructor
Rachael Rixford - 1 Year, Group Fit Instructor

APRIL

Heidi Meili - 9 Years, Group Fit Instructor
Scott Potter - 7 Years, Tennis Director
Janelle Beck - 4 Years, Personal Trainer
Heather Brooks - 4 Years, Membership Billing
Vickie Simmel - 4 Years, Administration
Heather Manson - 4 Years, Group Fit Instructor
Lizzie Dolan - 4 Years, Group Fit Instructor
Patricia Skergan - 3 Years, Group Fit Instructor
Allie Keleti - 1 Year, SPA Receptionist
Tanya Matoon - 1 Year, M & B Instructor
Todd Seib - 1 year, Group Fit Instructor
Jordan Behrman - 1 Year, M & B Instructor
Beth Morey - 1 Year, Group Fit Instructor
Caitlin Warr - 1 Year, M & B Instructor

Alpine Physical Therapy
Blue Mountain: 251-2323
Downtown: 549-0064



USFS Wellness Event

Alpine PT has continued their community outreach work by kicking off the new year with an injury prevention and wellness screening day with the US Forest Service. USFS employees from varying departments attended 10 stations to test and measure their physical fitness status. Alpine PT collected health data, then provided education on improving their health and wellness based on their findings. Future follow up wellness checks will be offered to reduce potential for workplace injuries down and keep USFS employees ready for action in their often physically demanding jobs of land management.



Kettlebell Series

Dan Swinscoe, a Physical Therapist and educator from the Seattle area held a kettlebell training for Alpine PT's and PEAK personal trainers. This in-service focused on the appropriate use of kettlebells in fitness and rehab settings with proper instruction to improve full body strength and stability.

Two new little additions to the Alpine PT Family

We are pleased to announce Ana and Jeff Soulia gave birth to their new daughter, Eleanor Soulia, on January 24. One week later, Jess Kehoe and her husband, Shane McCorkle welcomed Margot Ruth McCorkle on January 31. Welcome to the Missoula community, Eleanor and Margot!

Alpine 15 Minute Complimentary Consult

Our physical therapists are available for a complimentary 15 minute consult. To schedule, contact one of clinics: South 251-2323, Downtown 549-0064, North 541-2606.