

September/October 2017

NEWSLETTER



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



LOSE IT AT THE PEAK



8 WEEK WEIGHT LOSS/LIFESTYLE PROGRAM

Focus on: fitness, food choices & healthy minds, for a lifetime.

Sept 21- Nov 17

Sign Up At Fitness Desk
For info: denise@peakmissoula.com
Blue Mountain: 251-3344
Downtown: 317-1960

- Small Group Training
- Group Nutrition Classes
- Food Log Analysis By Registered Dietitian
 - Life Coaching
- Weekly Weigh Ins



DIRECTOR'S CORNER

Susie Turner, Director

susie@peakmissoula.com, 251-3344 ext 211, 240-1330

Fall is right around the corner and we are looking forward to seeing many of you back from your summer excursions. Stay fit and healthy by bringing your workout indoors while enjoying a new lineup of classes (some new and some of your past favorites are back); peakmissoula.com.

If you've been away and need a refresher on any of the equipment or need a workout recommendation, please connect with one of our Fitness Directors, Personal Trainers, Membership team or myself for assistance. We want to insure you have the best experience possible at The PEAK. Thank you for your membership. We love our members!

As always, my goal at The PEAK is to not only meet your expectation, but to exceed it! Please let me know if there is any way in which I can assist you.

~ Susie



AQUATICS

Mike Turner, Aquatics Director

miketurner@peakmissoula.com, 251-3344 ext 225




Swim Team Season I
Sept 12-Nov 16
Registration Now Open
251-3344 ext 225
miketurner@peakmissoula.com

October Swim Lessons: October 2-26
Registration Begins: Wed, October 20
Private Lessons Available: Mon-Thur, afternoons or evenings.
Ages: 2 years-Adult
Pre-registration and payment required.
Contact Mike Turner.

Welcome back Ellen, to Coached Adult Lap Swim on Saturdays. [Click here to see a full Aquatics schedule.](#)



COURT SPORTS

Jim Stephens, Court Sports Director

jim@peakmissoula.com, 251-3356

TRY a Court Sport in September

The PEAK offers free introductory group clinics for the numerous court sports. Your clinic 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 info contact: jim@peakmissoula.com.

TRY Racquetball: September 5, 14, from 6-7 pm

Hot Shots Racquetball: For ages 6-12,

Sat, September 23, 10-11 am

TRY Squash: Mon, September 11, 25, 5-6 pm

TRY Pickleball: Mon, September 11, 25, 6-7 pm at the Racquet Club (Outdoors)

TRY Wallyball: Mon, September 11, 25, 7-8 pm



September Pickleball Drop In Times

Blue Mtn Basketball court: Mon, Wed, Fri, 8-10 am
Racquet Club Outdoor Courts: Tue, Thur, 8-11 am
Sat, 9-11 am, Sun, 6-8 pm



FITNESS

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



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



White Dragon Kung Fu Small Group Training

PEAK DOWNTOWN

Tuesday & Thursday, 6:30 pm
10 Sessions: Member \$100 Guest \$170
Contact Tyler Hansen: 253 391-4055,
thansen@peakmissoula.com

Learn a traditional form of martial arts and build strong muscles, balance, coordination, flexibility while building confidence and applicable self-defense skills. All ages welcome. Tailored age appropriate children and junior programs available.

PEAK DOWNTOWN FREE BALANCE & FALL RISK ASSESSMENT

Tues & Thur, September 12 & 14, 2-2:30 pm
Alpine PT will do a free assessment and PEAK Trainer Rick Lionello present a group demo.

FREE BALANCE & COORDINATION CLASS

Tuesday, September, 19 & 26, 2-3 pm
Rick will be teaching 2 free classes focusing on exercises that you can do at home to help recover balance and coordination.

[For more info contact: rick@peakmissoula.com](mailto:rick@peakmissoula.com)



GROUP FIT

Kelly Rauk, Group Fit Director
kelly@peakmissoula.com, 251-3344 ext 213

HEALTH & WELLNESS



[Karna Sundby](#)
Certified Life Coach

Understanding Emotional Eating FREE Life Coaching Class Blue Mountain

Wednesday, October 25, 6:30 pm
Thursday, October 26, Noon

This class will help you have a healthy relationship with food & identify:

- Emotional Eating Triggers
- 5 Things Which Contribute to Emotional Eating
- How to Stop Emotional Eating



[Denise Zimmer](#)
Registered Dietitian

FREE 30 Minute Private Nutrition

Blue Mountain: Tuesday, October 3, 4-7 pm
Tuesday, November 7, 4-7 pm
Downtown: Thursday, October 5, 11 am-1 pm
Thursday, November 9, 11 am-1 pm

This is a FREE consult to members. Schedule online or contact the Blue Mountain Service Desk: 251-3344, Downtown Service Desk: 317-1960
[Schedule a consult](#)



JUNGLE
Robin Greenwood, Jungle Manager
robin@peakmissoula.com, 251-3356 ext 23

Jungle Hours

Racquet Club: Monday-Thursday, 8:30 am-8 pm
Friday, 8:30 am-6 pm
Saturday, 9 am-1 pm

Downtown: Monday-Thursday, 8:30 am-8 pm
Friday, 8:30 am-4 pm
Saturday, 9 am-1 pm

Welcome Back
Brielle and Delaney!

[Click here for more information about the Jungle](#)



MIND & BODY

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



Yoga Nidra

In our busy and noisy lifestyle, we all deeply crave a sense of deep relaxation and of simply being with real and pure essence. In this safe space, Yoga Nidra provides a doorway into being with oneself. This practice allows us to be in the moment.

FREE Yoga Nidra Demo Class with Isabelle

By integrating all the five layers of the human being (physical, energetic, mental/emotional, higher wisdom, and bliss/spiritual body), Yoga Nidra is a particularly powerful healing technique. For many of us, the root cause of our suffering comes from a dissociation of the mental/emotional body with the physical, energetic, higher wisdom, and bliss/spiritual body.

Yoga Nidra reduces stress and tension in all the layers of the person right away.

[Mind and Body Schedules](#)

PRO SHOP

CHECK OUT THE NEW ARRIVALS

LOLE Champion Wilson SOYBU



SPA
251-8200

SEPTEMBER SPA SPECIALS

Eminence Facial Peel \$95

SPA Pedicure \$50

40% Off Select Products





TENNIS
Scott Potter, Tennis Director
scott@peakmissoula.com, 215-3356

Watson Children's Shelter
TENNIS PRO-AM
 Hosted by PEAK Health & Wellness

SAVE THE DATES

SEPTEMBER 20, 2017 | 6 PM
PRO-AUCTION
 AT THE DOUBLE TREE DOWNTOWN

SEPTEMBER 29-OCTOBER 1, 2017
PRO-AM
 AT THE PEAK RACQUET CLUB

Sign up for Fall Tennis Programs

[Click here for a list of programs](#)



PEAK Tennis & Golf Scramble Friday, September 22

9 Holes of golf at Larchmont Golf Course, then head to the PEAK for Team Doubles Event, end the evening with a BBQ. \$50/person
 Contact Racquet Club Service Desk or Scott Potter: 251-3356,
scott@peakmissoula.com



**Thanks for voting Ana Soulia & Brent Dodge
 Best Physical Therapist in the Independent's
 Best of Missoula 2017 Poll**

15 Min Complimentary Consult
 Contact one of our clinics to
 schedule:
 South 251-2323,
 Downtown 549-0064,
 North 541-2606

Does Your Bike Fit You?

Come see our bike-fitting experts Matt Schweitzer and Meg Fisher.