

## November/December 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

Holiday Hours: Thanksgiving Day, 5 am- 2 pm  
Saturday, December 2, Early Closure For Staff Party  
Downtown 5 pm, BI Mtn & Racquet Club 5:30 pm  
Christmas Eve 7 am-2 pm  
Christmas Day Closed

Go to our Facebook page for our Mind & Body *Mindful Mondays*  
Personal Training, *Trainer Tip Tuesdays* and Health & Wellness *Food For Thought Fridays*.



FREE Week At The PEAK  
For All Veterans  
November 6-14  
Join us Friday, November 10 for coffee and fruit as we salute YOU!



## CAN THE CATS

Food Drive November 6-20

Drop off your canned donations at any PEAK location.



### THANKSGIVING DAY

Club Hours: 5 am-2 pm

Guests are FREE with a canned donation for the Missoula Food Bank

#### Class Schedule

##### **Blue Mountain**

Downtown Members Welcome

8 am-Cycling/Dan

8 am-Gym Class Heroes/Jessica

9:15-10:30 am-Cycling/Tamara & Monique

9:15 am-Oula/Tracy & Kathryn

##### **Downtown**

10-11:15 am-All Levels Yoga/Isabelle

Regular Class Schedule Resumes Friday, Nov 24

##### **Jungle**

Wed, Nov 22, 2pm Closure

Thur & Fri, Nov 23 & 24, Closed



### Blood Drive Bloodmobile

#### **Blue Mountain**

Friday, November 24

10 am-3 pm

#### **Downtown**

Monday, December 11

2-6:15 pm

Sign up at Service Desk or [redcrossblood.org/rapidpass](http://redcrossblood.org/rapidpass)



Saturday, December 2  
Early Club Closure  
Downtown: 5 pm  
Blue Mtn & Racquet Club: 5:30 pm  
For PEAK Staff Christmas Party

Christmas Eve Hours: 7 am-2 pm  
Closed Christmas Day  
No Group Fit or Mind & Body Classes  
Saturday-Tuesday, Dec 23-26  
Jungle Closed Sat-Tue, 23-26

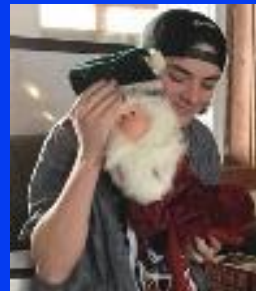


New Year's Eve & New Year's Day  
Club Hours: 7 am-8 pm  
New Year's Day  
Modified Group Fit Classes  
Jungle Closed



**DIRECTOR'S CORNER**  
Susie Turner, Director  
[susie@peakmissoula.com](mailto:susie@peakmissoula.com)  
251-3344 ext 211, 240-1330

CONGRATULATIONS and Thank You to Scott Potter and PEAK tennis pros for the incredible job with the Watson Children's Shelter Pro-Am. Thanks also to PEAK staff, members, guests and volunteers that played, donated and worked countless hours to make this event such a huge success. We were able to present a \$62,000 check to Watson Children's Shelter. THANK YOU for your time, money and generosity!



### HELPING MISSOULA YOUTH HOMES THIS CHRISTMAS

The PEAK has once again adopted the kids at [Missoula Youth Homes](http://MissoulaYouthHomes.com) for Christmas. Join with us in picking a tag or two from our Christmas trees and return the unwrapped gift with tag attached by Monday, December 18. If time is tight or you are having a hard time choosing a gift, we will be happy to shop for you. Contact Teri Heath, 251-3344 ext. 200, [teri@peakmissoula.com](mailto:teri@peakmissoula.com) or myself, 240-1330 to submit a monetary donation. It truly is more blessed to give, than to receive! Thank you in advance for sharing a piece of your heart with those less fortunate.



## AQUATICS

Mike Turner, Aquatics Director  
[miketurner@peakmissoula.com](mailto:miketurner@peakmissoula.com)  
251-3344 ext 225

## CONGRATULATIONS SUN RAYS SWIM TEAM!

Come cheer on the PEAK Sun Rays swim team as they finish up their fall session with a swim meet. Nov 16, 4-5:30 pm.

Winter session Jan 9-March 15, 2018; registration opens Nov 20

## No December Swim Lessons

## January Swim Lessons

Jan 8-Feb 3, 2018

Registration begins Mon, Dec 18

### NEW NOVEMBER SCHEDULE

Adult Coached Swim Practice,

**NEW Tue & Thur, 9-10 am**

Come and join Coaches; Mike, Shelby, Lucy and Ellen for a great swim workout. All levels welcome.

### Adult Coached Swim Schedule

**Monday:** Noon-1 pm /Lucy & 5:15-6:30 pm /Mike

**Tuesday:** 6-7 am /Shelby & 9-10 am /Mike

**Wednesday:** Noon-1 pm /Lucy

**Thursday:** 6-7 am /Shelby & 9-10 am /Mike & 5-6 pm /Ellen

**Saturday:** 10-11:30 am /Ellen/Mike/Shelby

[Click here to see a full Aquatics schedule.](#)



## COURT SPORTS

Jim Stephens, Court Sports Director  
[jim@peakmissoula.com](mailto: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. [Click here to view days and times.](#)

**Sign up at the Racquet Club to reserve your spot.**

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

### Save the Date!

#### 2017 Missoula Court Sport Challenge Dec 5-9

Our annual tournament for racquetball, handball and squash. Divisions for men, women, juniors and high school players of all ability levels.

Evening match play. Entry forms available at the Racquet Club. **Fee: \$15**



## FITNESS

Mike Rankin, Fitness Director - Downtown  
[mike@peakmissoula.com](mailto:mike@peakmissoula.com)  
317-1960



Stephen Pitts, Fitness Director - Blue Mountain  
[stephen@peakmissoula.com](mailto:stephen@peakmissoula.com)  
251-3344

## SKI & SNOWBOARD FIT

Strength training focusing on core & legs. Incorporating balance & flexibility to improve performance and reduce the chance of injury.



### PEAK DOWNTOWN

Tuesday & Thursday, 8 am

10 Sessions: Member \$100 Guest \$170

Contact Dylan Richmond: 406 317-1960  
[dylan@peakmissoula.com](mailto:dylan@peakmissoula.com)

Don't wait until the snow flies to get ready for skiing. Join Dylan Downtown on Tue and Thur, 8 am. Learn the best in functional Ski Fit strengthening techniques. He will help you get ready now so you can have the best ski season of your life

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



### Group fitness

Kelly Rauk, Group Fitness Director  
[kelly@peakmissoula.com](mailto:kelly@peakmissoula.com)  
251-3344 ext 213

## November & Modified Thanksgiving Day Class Schedule

[click here to view](#)

Change your routine to keep it fresh and fun and help stay on track with our nutrition at home. Shake up your routine by any movement you would normally use a barbell for, switch to dumbbells. Controlling two objects instead of one will not only require you to engage your core more, but will increase your heart rate as well. You will get stronger and increase your cardiovascular fitness with one easy change. If you want a great movement to try out on the fitness floor or at home with dumbbells, check out this [video](#) for the dumbbell clean and press. Have a healthy & joyful holiday season!

## HEALTH & WELLNESS



[Karna Sundby](#)  
Certified Life Coach

### Self-Beliefs: Limiting or Empowering You?

FREE Life Coaching Class Blue Mountain

Wednesday, Nov 29, 6:30 pm

Thursday, Nov 30, Noon

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



Denise Zimmer  
Registered Dietitian

### FREE 30 Minute Private Nutrition

**Blue Mountain:** Tuesday, Nov 7 & Dec 5, 4-7 pm

**Downtown:** Thursday, Nov 9 & Dec 7, 11 am-1 pm

FREE consult to members. Schedule online or contact the

Blue Mountain Service Desk: 251-3344, Downtown Service Desk: 317-1960

[Schedule a consult](#)

### Healthy Holiday Eating

**Have you ever used any of the following holiday tactics?**

Depriving yourself of food leading up to a holiday.

Not eating the day of the holiday so you can save up for the big meal.

Telling yourself the holidays only come once a year so it's ok to overeat.

Telling yourself you can't control yourself and you will start a diet in January.

Read more at [peakmissoula.com/nutrition](http://peakmissoula.com/nutrition)



### JUNGLE

Robin Greenwood, Jungle Manager

[robin@peakmissoula.com](mailto:robin@peakmissoula.com)

251-3356 ext 23



## FREE Fit Kid Zone

We Are Thankful For YOU!

We want to Play It Forward by offering Fit Kid Zone for FREE for PEAK members in November!

Just drop off your children at the PEAK Racquet Club during Fit Kid Zone times.

### FREE For All PEAK Kids Ages 7-13

<b>Monday</b> ZUMBA DANCE 4-4:45 pm	<b>Tuesday</b> YOGA FOR KIDS 4-4:45 pm	<b>Wednesday</b> CARDIO CRAZE 4-4:45 pm	<b>Thursday</b> SUPERVISED SWIM 3:15-4 pm	<b>Friday</b> KIDS POWER STRENGTH 4-4:45 pm
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Contact Blue Mountain Jungle: 251-3356

### Christmas Fit Kid Camp

**December 27, 28 & 29**

Includes: court sports, fitness activities, swimming, crafts.

For ages: 5-10

Full Day or Half Day

9:30 am-3:30 pm

1 - 1/2 Day: Member \$15 Guest \$20

1 - Full Day: Member \$30 Guest \$35

3 Full Days: Member \$75 Guest: \$90

[Robin@peakmissoula.com](mailto:Robin@peakmissoula.com)

9:30-10:15 am Morning gathering

10:15-11 am Fitness activity

11-11:30 am Art projects/Racquet sports

11:30 am 12 pm Racquet sports/art projects

12 pm-12:30pm Lunch

12:30-1 pm Crafting/science

1-2 pm Swimming

2:15 pm-3 pm Fitness activity

3:15-3:30 pm Ready for home, finish up projects

### Jungle Holiday Closures

Wed, Nov 22, Noon Early Closure

Thur & Fri, Nov 23 & 24, Closed

Sat-Mon, Dec 23-26, Closed

Mon, Jan 1, Closed

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



### MIND & BODY

Stephanie Peabody, Mind & Body Director

[stephanie@peakmissoula.com](mailto:stephanie@peakmissoula.com)

251-3356 ext 17

### Pilates, For Your Mind & Body

Pilates connects your mind to your body movement while lengthening the spine. The connection is critical for posture, body awareness and alignment. Pilates will strengthen those small muscles for balance, alignment, injury prevention and endurance in life. Start experiencing this exercise system for yourself and bring along a friend. All members receive a complimentary 1 on 1 session in the Pilates Studio. Contact [Stephanie](#) to schedule your appointment.

[View Pilates and all Mind and Body class schedule](#)

## PRO SHOP

CHECK OUT THE NEW ARRIVALS



**SPA at the Peak**  
251-8200

*Happy Thanksgiving*

### NOVEMBER SPA SPECIALS

Pumpkin Pedicure \$50  
Bikini Wax \$5 Off  
Moisturizers 10% Off

*The SPA at the Peak*



**TENNIS**  
Scott Potter, Tennis Director  
[scott@peakmissoula.com](mailto:scott@peakmissoula.com)  
251-3356 ext 11



**PEAK Pro-Am raises \$62,000 For Watson Children's Shelter**  
As a result of all the hard work and generous donations, the PEAK Pro-Am was able to present a check to Watson Children's Shelter for \$62k and brings our seven year total to \$370,000. If you would like to be involved next year please contact [Scott Potter](mailto:Scott.Potter@peakmissoula.com).  
[Check out photos from the event at peaktennisproam.com.](http://peaktennisproam.com)

### PEAK Fall Adult Championships

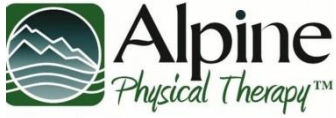
USTA sanctioned tournament  
**November 3-5**

All NTRP divisions offered, players guaranteed three matches per divisions, two divisions max.  
Look for more info at the Racquet Club or go on-line to [USTA.com](http://USTA.com) tournament ID# 250020617, to register.



NO SCHEDULED PROGRAMS THANKSGIVING WEEK

2018 Program Guide will be available December 1



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



### **Balance Assessment**

Alpine Physical Therapy teamed up again this year with the PEAK personal trainer, Rick Lionello, for balance assessment and fall prevention testing. For more information about Alpine's Balance and Vestibular Rehabilitation program, stop by our office to schedule a free 15-minute consultation with one of our balance specialists.

### **Fit To Fight Winter Session Pre-testing January 8 & 9, 2018**

Session runs January 15-March 8, Mon & Thur evenings, 6:30-7:30 pm.

Sign up for pre-testing or for more info call, 251-2323 or visit [fittofight.org](http://fittofight.org).

