

# January/February 2018 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

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



## LOSE IT AT THE PEAK



**SIGN UP NOW - STARTS FEBRUARY 1**

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

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

**8 WEEK  
WEIGHT LOSS &  
LIFESTYLE PROGRAM**

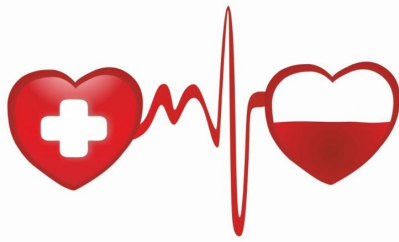
Sign up at Fitness Desk

Blue Mountain: 251-3344

Downtown: 317-1960

peakmissoula.com

For more information contact Denise:  
406 239-0078, denise@peakmissoula.com



## Blood Drive Bloodmobile

### Blue Mountain

Thursday, February 15

8:30 am-12:45 pm

### Downtown

Friday, February 16

2-6:15 pm

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



#### DIRECTOR'S CORNER

Susie Turner, Director

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

251-3344 ext 211, 240-1330



#### HELPING MISSOULA YOUTH HOMES THIS CHRISTMAS

Your generosity again this year toward Missoula's children in need is truly abundant. Here is an excerpt from Missoula Youth Homes Development Director, Amy Young. "The PEAK and the club members inspire me. None of you have ever met the kids we work with and you don't know their lives, however you understand their worthiness of love and compassion." We at The PEAK thank you for your part in helping these children have a brighter Christmas and showing them that their community cares and loves them by your generous support of our Giving Tree.



#### JUMPING FOR WATSON RAISED OVER \$9,300!

THANK YOU, to PEAK cycling instructor, Dan Adcock, members Skip and Martha Yates and everyone that participated in this annual fundraiser where 100% of the proceeds go to Watson Children's Shelter. The generosity of our PEAK members is truly inspiring and humbling!

#### 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).



#### AQUATICS

Mike Turner, Aquatics Director

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

251-3344 ext 225

#### Sun Rays Swim Team

Winter session Jan 9-March 15, 2018

Swim Lessons

January: January 8-February 3  
February: February 5-March 3  
Registration for February begins Wed, January 17

### **Adult Coached Lap Swim Schedule**

*With the growing popularity of ACLS, we will add an additional lane to provide more space during M/W Noon-1 pm, T/TH 9-10 am if needed.*

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

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

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

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

**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



### **RED DEATH HANDBALL TOURNAMENT JANUARY 26-28**

The PEAK's 18th Annual Red Death is a sanctioned ProAm tournament this year. It will feature 16 of the world's top players. ESPN3 will provide match coverage. All fans welcome. For entry forms or more information contact Jim Stephens: 251-3356.

### **TRY a Court Sport**

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](mailto:jim@peakmissoula.com).



### **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

### **Welcome New Downtown Personal Trainers**

John and Carol have extensive training experience and can help you get your new year started on the right foot. Schedule your free "Jump Start " at [peakmissoula.com](http://peakmissoula.com) or call 317-1960.



John Hoheim



Carole Frederick



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

**Les Mills Body Pump Demo Class**

Blue Mountain: Wednesday, January 3, 5:30 pm & Saturday, January 20, 11:30 am

Les Mills classes are coming to The PEAK in February! Try a Body Pump demo class with Shannan and Jessica S. Bring a friend to the demo by picking up a Les Mills Class Pass at the Blue Mountain Service Desk.

**New Downtown Classes**

**Bamboo Bodies Seniors with Angi**  
Tuesday, Thursday, 9 am & Saturday, 11 am

**Cycle Intervals with Brooklyn**  
Monday, 5:30 pm

**Pump, Core & Cycle with Carole**  
Tuesday, 8 am  
Starts January 9, meet in Group Fit Studio

## HEALTH & WELLNESS



[Karna Sundby](#)  
Certified Life Coach

***Manifest Your New Year's Resolutions***

**FREE Life Coaching Class Blue Mountain**

Wednesday, January 17, 6:30 pm

Thursday, January 18, Noon

**Achieve your goals this year by turning them into a vision, stay focused and discover the power of intention.**



[Denise Zimmer](#)  
Registered Dietitian

**FREE 30 Minute Private Nutrition**

**Blue Mountain:** Tuesday, January 9, 4-7 pm

**Downtown:** Thursday, January 11, 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](#)

**LOSE IT  
AT THE PEAK**



**SIGN UP NOW - STARTS FEBRUARY 1**

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

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

**8 WEEK  
WEIGHT LOSS &  
LIFESTYLE PROGRAM**

Sign up at Fitness Desk  
Blue Mountain: 251-3344  
Downtown: 317-1960  
[peakmissoula.com](http://peakmissoula.com)

For more information contact Denise:  
406-238-9078, [denise@peakmissoula.com](mailto:denise@peakmissoula.com)



**JUNGLE**  
Robin Greenwood, Jungle Manager  
[robin@peakmissoula.com](mailto:robin@peakmissoula.com)  
251-3356 ext 23



# 2018 Fit Kid Zone

## Calling All Kids Ages 7-13

**Tuesday**  
**YOGA FOR KIDS**  
4:15-5 pm

**Wednesday**  
**OULA DANCE**  
4:15-5 pm

**Thursday**  
**SUPERVIZED SWIM**  
3:15-4 pm

**Friday**  
**COURT SPORTS**  
4:15-5 pm



**STARTS JANUARY 22**  
**Sign Up - Limited Space**

For Pricing Contact Blue Mountain Jungle: 251-3356



### MIND & BODY

Stephanie Peabody, Mind & Body Director  
[stephanie@peakmissoula.com](mailto:stephanie@peakmissoula.com)  
251-3356 ext 17



The PEAK welcomes Angi McClure and her new class programming called Bamboo Bodies and Body401K. Angi, besides being a Movement Coach, is a Licensed Massage Therapist, Chinese Medicine and Qigong enthusiast, and Certified Pilates, Qigong and Fitness Instructor.

### NEW Bamboo Body Classes with Angi Downtown

**Bamboo Bodies:** Wed, 5:30-6:30 pm & Sat, 9-10 am

**Body 401K:** Wed, 6:30-7 pm

**Bamboo Bodies Seniors:** Tue & Thur, 9 am & Sat, 11 am

#### Racquet Club

**Body 401K:** Wed & Fri, 8:30-9 am

**Bamboo Bodies:** Wed & Fri, 9-10 am

Like bamboo, our movement should be balanced and supported in our structure. In these strength conditioning classes, you will rejuvenate and recondition the body through Qigong and corrective exercises. Better your balance and discover internal energy training with focused movement and breath, barefoot work, weight-bearing exercises and self-massage.

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

## PRO SHOP

CHECK OUT THE NEW ARRIVALS



**SPA at the Peak**  
251-8200

# JANUARY SPA SPECIALS

90 Minute Massage \$5 Off

Deep Conditioning Hair Treatment \$25

Eco Tan Products 25% Off



## TENNIS

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



**Winter Adult Programming Begins January 8**  
**Ladies Game Drill 2.5/3.0:** Mon, 10-11:30 am  
**Ladies Game Drill 3.5:** Mon, 10-11:30 am  
**Ladies Game Drill 4.0:** Fri, 8:30-10 am  
**Ladies Day/Night:** Thur, 11:30 am-1 pm, Mon, 7-8:30 pm  
**Tennis 101:** Wed, 8:30-10 am & Sat, 9:30-11 am  
**Tennis 201:** Tues, 11:30 am-1 pm & Thur, 5:30-7 pm  
**Men's Game Drill 3.0/3.5:** Mon, 6:30-8 pm  
**Men's Day/Night:** Mon, 11:30 am-1 pm, Wed, 7-8:30 pm

**U of M Practice Schedule**  
**Women:** Mon-Fri, 6:30-8:30 am, 3 crts start Jan 22  
**Men:** Mon & Thur, 2:30-4 pm, Wed, 8:30-10 pm, Fri, 4-5:30 pm, Sat & Sun, 2-3:30 pm, 3 crts start Jan 19  
**U of M Tennis Home January Matches**  
**UM Women vs WA State** - January 26  
**WA State vs Iowa** - January 27  
**UM Women vs Iowa** - January 28



## WINTER 2018 PROGRAM GUIDE

### JUNIOR PROGRAMS

#### MICRO & HOT SHOTS: AGES 4-10

**Day/Time:** Tuesday & Thursday, 4-5 pm  
**Tennis Member:** \$120  
**Member:** \$150  
**Guest:** \$180

**Micro Shots:** An exciting format for teaching tennis, designed to utilize specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. A fast and fun way to get kids into tennis and keep them playing.

**Hot Shots:** Players will continue to work on fundamentals learned in Micro Shots with additional live ball/rally ball drills.

#### FUTURES: AGES 10-15

**Day/Time:** Tuesday & Thursday, 4-5 pm  
**Tennis Member:** \$120  
**Member:** \$150  
**Guest:** \$180

Juniors in this class may have had prior lessons but are not quite ready for match play. Players will be divided into appropriate groups based on ability, age and professional opinion. Lessons will include stroke mechanics, game drilling and physical tasks.

#### CHALLENGERS: AGES 12-18

**Day/Time:** Monday & Wednesday, 4-5:30 pm (24 max)  
Tuesday & Thursday, 4-5:30 pm (16 max)  
**Tennis Member:** \$180  
**Member:** \$225  
**Guest:** \$270

Participants should know how to play and keep score. Lessons include: stroke mechanics, game drilling, conditioning and doubles and singles strategy. Players will be divided into appropriate groups based on professional opinion, player dedication, attitude, effort, technical abilities and

#### JUNIOR TEAM TENNIS

**Day/Time:** Saturday, 5-8 pm  
January 13 & 27 March 3 & 17  
February 17 & 24 April 14 & 21

**Tennis Member:** \$10 per match date  
**Member:** \$12.50 per match date  
**Guest:** \$15 per time match  
Cost includes: court time, food, beverages and prizes.

#### Team Make-Up: 2 person teams

#### Time/Divisions:

5 pm: 14 & under.

6:30 pm: 15 & over

**Match Set Format:** 2 Singles & 1 Double Sets

**Registration:** Weekly registration deadline is Wednesday, 10 pm, prior to match date.  
20 participants max per division, per match date.

Junior Team Tennis is a great way to get match play against players of similar age and ability.



### JUNIOR SESSIONS DATES

**Session 1:** January 8-February 15  
**Sign-up:** Monday, December 18, 8 am  
**Session 2:** February 19-April 5  
**Sign-up:** Monday, January 29, 8 am  
**Session 2:** April 9-May 17  
**Sign-up:** Monday, March 19, 8 am

**NO LESSONS SPRING BREAK MARCH 26-30**

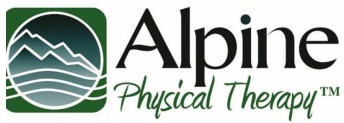
### HOW TO SIGN UP

If you are interested in our programs or playing in our Jr Team Tennis League contact: Racquet Club Service Desk, 251-3356 ext 10.

Grant money is available and provided by PEAK Health and Wellness and Garden City Tennis Association.

For questions on payment options or grant money availability contact: Tennis Director, Scott Potter 251-3356 ext 11, [scott@peakmissoula.com](mailto:scott@peakmissoula.com).





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

#### Athena Conference

Three of our marvelous Physical Therapists represented Alpine at the Athena Conference in Bozeman. The conference focus was on bringing women in business and leadership roles together to enhance skills and provide an opportunity for collaboration with the belief that "inspiration and action by a small group of people will change the world." The Alpine ladies presented guided movement breaks for posture, breath and waking up your feet. We all know a little self-care is essential in being a great leader.

#### 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).



#### PEAK Health & Wellness

406 251-3344 | Fax 406 251-3332 | [info@peakmissoula.com](mailto:info@peakmissoula.com) | [peakmissoula.com](http://peakmissoula.com)

STAY CONNECTED

