

November/December 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

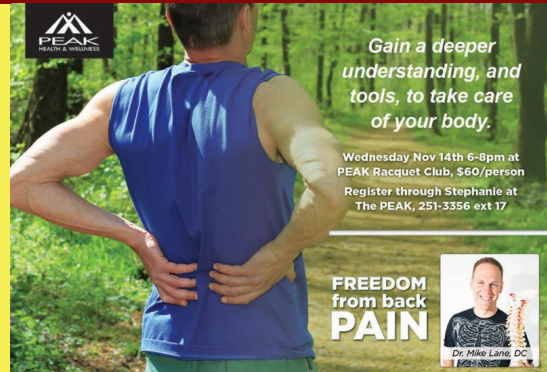


CAN THE CATS
Food Drive November 3-16
Donate canned food and workout for FREE!
3 Cans = 1 FREE Group Fitness Class
10 Cans = 1 FREE Day Guest Pass
Available at all locations.

Freedom From Back Pain Workshop With Dr. Mike Lane DC Wed, Nov 14, 6-8 pm - Racquet Club \$60/person

Dr. Mike Lane is a Chiropractor, Anatomy Teacher and Master Foundation Training Instructor. Whether it be a chronic dull ache or acute debilitating incident, Dr. Mike will teach you how to create length and strength in your spine while redistributing tension to eliminate pain. Gain a deeper understanding and tools to take care of your body. To register:

stephanie@peakmissoula.com, 251-3356 ext 17



Flu Shot Clinic at the PEAK
Downtown - Wednesday, November 7, 11:30 am-1:30 pm
Blue Mountain - Thursday, November 8, 8:30-10:30 am
\$35 - Insurance accepted



FREE Week At The PEAK
For All Veterans
November 11-17



THANKSGIVING DAY

Club Hours: 5 am-2 pm

Guests are FREE with a canned food or cash donation to the Missoula Food Bank

Class Schedule

Wednesday, November 21, Classes Cancelled After 1 pm

Thanksgiving Day Classes

Blue Mountain

8 am-Cycling/Dan

8 am-PEAK Bootcamp/Jessica & Noelle

9:15 am-Oula/Tracy & Kathryn

Downtown

8 am-Cycling/Richel

9 am-Yoga/Sherie

Regular Class Schedule Resumes Friday, Nov 23

Jungle

Wed, Nov 21, 1 pm Closure

Thur & Fri, Nov 22 & 23, Closed

No Fit Kid Zone November 19-22



Track Reserved November 26-March 1

Monday & Wednesday, 7-8:30 pm

Friday, 6:30-8 pm

For Mountain West Youth Track Club

Thank you for supporting Missoula's Youth



Blood Drive Bloodmobile

Blue Mountain

Monday, December 17

8:30 am-12:30 pm

Downtown

Tuesday, December 18

12-6 pm

Sign up at Service Desk or redcrossblood.org/rapidpass



Holiday Club Hours

Saturday, December 8
Early Club Closure: 5 pm
For PEAK Staff Christmas Party

Christmas Eve: 5 am-2 pm
Closed Christmas Day

New Year's Eve: 5 am-8 pm
New Year's Day: 7 am-10 pm

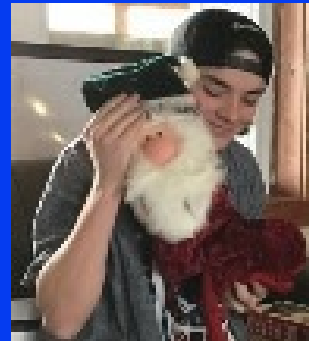


DIRECTOR'S CORNER

Susie Turner, Director
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. We presented a \$67,850 check to Watson Children's Shelter. THANK YOU for your time and generosity in helping make a difference in the lives of many children!

WELCOME Steve Ellingson to The PEAK Downtown. Steve, a Missoula native, joins us as the General Manager at our Downtown location. Stop by and meet Steve - we're excited he's on our team!



HELPING MISSOULA YOUTH HOMES THIS CHRISTMAS

The PEAK has once again adopted the kids at [Missoula Youth Homes](#) 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 17. 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 or Susie Turner, 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

Tanner Thames, Aquatics Director
tanner@peakmissoula.com
251-3344 ext 225

November Swim Session: Nov 5-Dec 6
No Lessons November 19-23

December Private Only - 2 Week Session
December 10-22

[Adult Coached Swim Schedule](#)

Monday: Noon & 5:15 pm
Tuesday: 6 am & 9 am
Wednesday: Noon & 5:15 pm
Thursday: 6 am, 9 am & 5 pm
Saturday: 10-11:30 am

[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 November

The PEAK offers free introductory group clinics for the numerous court sports. Clinic consists of a game overview, safety and etiquette, followed by on-court instruction and play. [Click here to see days and times](#)

Sign up at the Racquet Club to reserve your spot.

For more info contact: jim@peakmissoula.com.



PEAK Tournaments

MT State Squash Tournament: November 2-3

2018 Missoula Court Sport Challenge Dec 3-7

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.

Indoor Pickleball: Mon-Fri, 8-11 am, Blue Mtn Basketball Court, Open to all abilities.

Never played Pickleball? Make sure to TRY our FREE introductor class, November 5 & 19, 5-6 pm at the Racquet Club. To sign up at the Racquet Club: 251-3356, ext 10.



FITNESS

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



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

NEW DOWNTOWN PERSONAL TRAINERS



Adam Lundley



Brittani Pamiwulf



Luke Gates



Callie Trolson

NEW BLUE MOUNTAIN PERSONAL TRAINERS



Matt Gosselin



Tanner Block

PEAK's Fitness dept. is growing. We are excited to welcome [Adam Lundley](#), [Brittani Pamiwulf](#), [Luke Gates](#) and [Callie Trolson](#) to the team of Downtown trainers. [Tanner Block](#) and [Matt Gosselin](#) are new additions to the Blue Mountain Fitness dept. Each trainer brings their own unique experience, education, energy, and perspectives. They are excited to help you achieve your goals. Don't miss an opportunity to meet and have one of these wonderful trainers help you get the most out of your PEAK Membership.

Our complimentary consultations and "Jump Starts" are available for new and existing members alike. Set up consultation contact [Mike Rankin](#) - Downtown Fitness Director, 317-1960 or [Stephen Pitts](#) - Blue Mountain Fitness Director, 251-3344

Group fitness

Jessica Schalock, Group Fitness Director
jessica@peakmissoula.com



Thanksgiving Class Schedule

Wednesday, November 21, No Classes After 1 pm

Thanksgiving Day Classes
Blue Mountain
 8 am - PEAK Bootcamp/Jessica & Noelle
 8 am - Cycling/Dan
 9:15 am - Oula/Katie & Heather
Downtown
 8 am - Cycling/Richel
 9 am - Yoga/Sherie



PEAK Giving Back

All Complimentary Group Fit and Mind & Body Classes, All Locations are FREE with Canned Food Donations

We are thankful for our members and guests. November 3-30, all group fit and mind and body classes will be open to non-members with a donation of 3 non-perishable items for the Missoula Food Bank. We'll be counting the weeks until Christmas with special workouts designed just for you. Give the gift of health to a friend, co-worker or family member while giving to Missoula families in need.

Aquamotion

Bl Mtn: Tue & Thu, 10 am & 5:30 pm, Water exercises builds cardiovascular stamina, strength and flexibility, burns body fat, increases circulation, helps rehabilitate injuries and increases joints range of motion.

Monday Madness Cycling

Downtown: Monday, 9 am & Noon, Intervals tailored for outdoor cyclist but beneficial to all. A focus on proper riding mechanics and intense effort.

HEALTH & WELLNESS



[Karna Sundby](#)
 Certified Life Coach

Understanding Emotional Eating

Wednesday, November 7, 6 pm

FREE Life Coaching Class with Karna Sundby, Certified Life Coach

Sign up at Blue Mountain Service Desk, 251-3344

Identify your emotional eating triggers and have a healthy relationship with food.

Coping With Grief During the Holidays

Wednesday, December 5, 6 pm

with Tamarack Grief Resource Center and Karna Sundby, Certified Life Coach

Learn how to help ourselves and loved-ones through the holiday season. Gather for a discussion about coping with the toughest of times, and about hope and healing.



Tamarack
 GRIEF RESOURCE CENTER



[Denise Zimmer](#)
 Registered Dietitian

FREE 30 Minute Private Nutrition

Blue Mountain: Tuesday, Nov 27 & Dec 11, 4-7 pm

Downtown: Thursday, Nov 29 & Dec 13, 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](#)



JUNGLE

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



JUNGLE HOLIDAY HOURS

Wed, November 21: 8:30-1 pm
Thur & Fri, November 22, 23: CLOSED
Mon-Wed, December 24-26: CLOSED
Mon, December 31: 8:30-1 pm
Tue, January 1: CLOSED



MIND & BODY

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

**Freedom From Back Pain Workshop
With Dr. Mike Lane DC**

Wed, Nov 14, 6-8 pm - Racquet Club \$60/person

Dr. Mike Lane is a Chiropractor, Anatomy Teacher and Master Foundation Training Instructor. Whether it be a chronic dull ache or acute debilitating incident, Dr. Mike will teach you how to create length and strength in your spine while redistributing tension to eliminate pain. Gain a deeper understanding and tools to take care of your body. To register: stephanie@peakmissoula.com, 251-3356 ext 17

Gain a deeper understanding, and tools, to take care of your body.

Wednesday Nov 14th 6-8pm at PEAK Racquet Club, \$60/person
Register through Stephanie at The PEAK, 251-3356 ext 17

FREEDOM from back PAIN

Dr. Mike Lane, DC

November Class Cancellation

Due to workshops and holidays, the following classes are cancelled.

Racquet Club - Wednesday, November 14

5:30 pm - Pilates Express CANCELLED

6:15 pm - Vinyasa Yoga CANCELLED

Wed, Nov 21, Classes CANCELLED After 1 pm

Thanksgiving Day Adjusted Class Schedule

Downtown - Friday, November 23

4 pm - Prenatal Yoga CANCELLED

5:15 pm - Yoga for Relaxation CANCELLED

6:30 pm - Guided Meditation CANCELLED

Downtown - Saturday, November 24

9 am - Bamboo Bodies CANCELLED

11 am - Bamboo Bodies Basics CANCELLED

Thanksgiving Class Schedule

Wednesday, November 21, No Classes After 1 pm

Thanksgiving Day Classes

Blue Mountain

8 am - PEAK Bootcamp/Jessica & Noelle

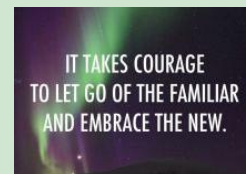
8 am - Cycling/Dan

9:15 am - Oula/Katie & Heather Downtown

8 am - Cycling/Richel

9 am - Yoga/Sherie

With cold and flu season here, we prefer our instructors not to teach if they become ill. Sub instructors may show up last minute to help us from having to cancel classes. Subs might be certified in Mind & Body areas other than the class that is scheduled. We encourage you embrace the challenge of trying a new class or teaching style. We appreciate your patience and understanding.



PRO SHOP

CHECK OUT THE NEW ARRIVALS





SPA at the Peak
251-8200



NOVEMBER SPECIALS

Pumpkin Pedicure \$50

Cranberry Pomegranate Facial \$65

Blowout & Style with Britni \$25




Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom ~ Marcel Proust

Show your gratitude to someone special with SPA holiday candle/diffuser or pamper them with a gift card!



TENNIS
Scott Potter, Tennis Director
scott@peakmissoula.com
251-3356 ext 11



A Successful PEAK Tennis Pro-Am Event

We would like to thank everyone who made this year's Pro-Am such a successful event. As a result we were able to present a check to Watson Children's Shelter for \$67,850. This brings our eight year total to \$437,000. If you would like to be involved next year, please contact Tennis Director, Scott Potter, scott@peakmissoula.com.

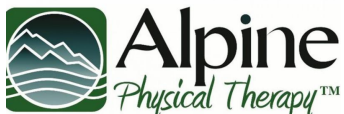
PEAK Fall Adult Championships
USTA sanctioned tournament
November 2-4

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 tournament ID# 250028918 to register.



NO SCHEDULED PROGRAMS THANKSGIVING WEEK

2019 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



Fit To Fight Winter Session
Pre-testing January 7 & 8, 2019
Session runs January 14-March 7
Fit to Fight is a FREE exercise based cancer support program that runs three, 8-week sessions per year. Sessions are designed and supervised by a PT. Registration is now open.

Sign up for pre-testing or for more info call, 251-2323 or visit fittofight.org.

PEAK Health & Wellness

406 251-3344 | Fax 406 251-3332 | info@peakmissoula.com | peakmissoula.com

STAY CONNECTED

