

SEPT 1 - OCT 15

PEAK HOURS & EVENTS

Labor Day Hours

PEAK: Mon, Sept 5: Regular Hours, 5 am-10 pm

JUNGLE CHILDCARE: Closed Mon

PEAK Racquet Club's One Year Anniversary

Sept 14, 6-9 pm

Summer barbecue & beverages

Court sports games

Complimentary SPA chair massages

Pilates & CoreAlign demos

FIT KIDS class

Hourly raffle prizes

Anniversary joining & upgrade

specials (offered Sept 12-19)

Jungle Childcare & Teen Center open

Group Fitness Studio & Gymnasium Closed for Refinishing.

Group Fit Studio closes Sept 6, Gymnasium work to follow (approx Sept 13-27).

Updates will be posted outside the Group Fit Studio and the Gymnasium.

AQUATICS

Fall Swim Lesson Starts Sept 12

Sign up at the Information Center in the Lobby

COURT SPORTS

TRY Racquetball / Squash

Whether you're new to the game or coming back after a lengthy layoff, learn the basics and build your foundation for enjoying these lifetime sports.

TRY IT, you'll like it! Equipment provided.

TRY RACQUETBALL:

Tue 9/20, 6 pm; Sat 9/24, 10 am & Tue 9/27, 6 pm

TRY SQUASH:

Thu 9/8, 9 am; Mon 9/12, 5:30 pm & Mon 9/26 5:30 pm

COMPLIMENTARY TO ALL PEAK MEMBERS.

Please sign up at the Racquet Club Service Desk.

Fall Racquetball/Squash Leagues

Play begins the first week of Oct.

Sign up deadline: Sept 28

Please sign up at the Racquet Club Service Desk.

Questions? Jim Stephens 251-3356 ext 10

September "Mini" Tournaments

Open to all levels. Shortened match format so you can play many competitors. Match balls, snacks and beverages provided.

RACQUETBALL: Sun 9/25, 3-6 pm

SQUASH: Fri 9/30, 5:30-9 pm

Members \$5 / Guests \$10

Please sign up at the Racquet Club Service Desk.

Racquetball & Squash Junior Development (8-13 yrs)

4 weekly introductory lessons covering both sports.

Mon & Wed 4-5 pm starting 9/19

Equipment provided.

Members \$48 / Guests \$72

Please sign up at the Racquet Club Service Desk.

Weekly Drop-In Play

The competition is always waiting for you.

RACQUETBALL CHALLENGE COURT:

Mon 5:30-7:30 pm

TGIF SQUASH Returns 9/9: Fri 5-7 pm

HANDBALL NIGHT: Returning in Oct, TBA

COMPLIMENTARY TO ALL PEAK MEMBERS IN SEPT.

No sign up necessary, just show up & play.

GROUP FITNESS

New Classes and Time Changes Starting Sept 12

MELLOW SPIN: Tue & Thu 8 am with Dan

MUSCLE PUMP: Mon 6 am with Kara

MUSCLE PUMP: Fri 5:30 with Jessica

TURBO KICK: Mon 6:30 pm

TBW: Thu 6:30 pm with Emily

FIT KIDS: Mon & Wed 4:30 with Kara

See September's Group Fit Schedule for details.

Group Fitness Studio & Gymnasium Closed for Refinishing.

Group Fit Studio closes Sept 6, Gymnasium work to follow (approx Sept 13-27)

Updates will be posted outside the Group Fit Studio and the Gymnasium.

Look for the New Group Fitness Schedule Out Sept 8

HEALTH & FITNESS

True Age Fitness Testing

Find out how old your body really is with an evaluation from our "True Age" fitness software.

Please sign up and pay at the Service Desk

Members & Guests \$25

Fitness Office

Cholesterol Testing

Mon, Sept 12, 7-8 am

Test your blood lipid profile: total cholesterol, HDL and LDL breakdowns. Results available at the Service Desk within one week of testing.

Please sign up at the Information Center in the Main PEAK Club lobby by Aug 12.

\$15 payable to Community Medical Center at time of service.

Fitness Office

Free 30 Minute Private Nutrition

Consultations with Carla Cox PhD, RD

Fri, Sept 9, 9 am-1 pm

Please sign up at the Service Desk.

COMPLIMENTARY TO ALL PEAK MEMBERS.

Fitness Office

JUNGLE

Jungle Childcare Closed on Labor Day

Celebrate With a Party at the PEAK

Choose from a teen center, swimming, tennis wallyball, Zumba or FIT KIDS party.

They're all fun, healthy ways to celebrate!

The Jungle Welcomes New Staff Member Sarah

The Jungle & Teen Center Hours

The Jungle is now open Fridays 8 am-8 pm

The Jungle offers activities for all ages, with new ideas everyday.

MEMBERSHIP

Friends Don't Let Friends Be Couch Potatoes

Refer a friend during the PEAK Football Frenzy. They'll save money. You'll have a workout buddy AND we'll give YOU a \$25 gift certificate to the PEAK! Pick up a form today!

Please see the Membership Team for details

251-3344 ext 72

PEAK Football Frenzy

Celebrate Griz Victories with Us & Save Money!

Take the number of points the Griz score the week you join and subtract that from your first month's fees. Starts Sept 10.

Not to be combined with any other specials.

Please see the Membership Team for details

251-3344 ext 72

20% Off Tennis Joining Fees and Upgrades!

Sept 12-19. Not valid with any other offers.

Please see the Membership Team for details

251-3344 ext 72

Handball/Racquetball/Squash Joining Fees & Upgrade. Save \$175 or more!

Join for \$75, additional family members \$25 each.

Sept 12-19. Not valid with any other offers.

Please see the Membership Team for details 251-3344 ext 72

MIND & BODY

September Pilates Beginners Classes

Class Size: 3

Classes start Sept 6

Option I: Tue & Thu 6 am

Option II: Tue & Thu 6:30 pm

8 Sessions: Members \$130 / Guests \$150

Please sign up & pay to reserve your spot
at the Racquet Club Service Desk.

October Beginners Pilates Class

Class Size: 3

Classes start Oct 3

Mon & Thu 12:30-1:30pm

8 Sessions: Members \$130 / Guests \$150

Please sign up & pay to reserve your spot
at the Racquet Club Service Desk.

The PEAK Welcomes New Pilates Instructor

Linda Sliter

Mat Pilates, Wed 4 pm

Prenatal Pilates Coming Oct 3

Mon 4:30 pm

An 8 week session with prenatal certified instructor

Kathy Argo.

COMPLIMENTARY TO ALL PEAK MEMBERS.

Punch cards available for guests.

Monthly Meditation Workshop

Wed, Sept 21, 7-8 pm

Guided Meditation and Pranayama with Harriet
Alterowitz

Mind & Body Studio in the Racquet Club

COMPLIMENTARY TO ALL PEAK MEMBERS.

SPA

BIOELEMENTS Fast Results Facial

This quick, customized treatment cleanses,
exfoliates & revitalizes your skin in just 30 minutes.
Only \$40 in September.

Book a Massage & Experience Balance in Your Life.

Show Your School Spirit, Get a Mani/Pedi in
Maroon and Silver. Go Griz!

Check out our new website

peakmissoulaspa.com

Like us on Facebook and receive specials.

TEAM TRAINING

Bone & Strength Team Training

Tue & Thu 10 am

Kaci Briggeman uses the BEST model, one of the largest studies and programs based on the positive effects of exercise and calcium to maintain bone density, to help build strength and prevent osteoporosis.

10 class punch card: Members \$100 / Guests \$150

Strength & Speed for (ALL)

High School Sports

Mon & Wed 5:30 pm

Become stronger, faster & more explosive with professional athlete Steven Pfahler. Learn to prepare for competition physically & mentally.

10 class punch card: Members \$100 / Guests \$150

Boot Camp

Mon, Wed & Fri 7 am

Jump start your day with full body, high intensity muscle pump circuits with Tom Mackenroth, voted Missoula's Best Trainer three years in a row.

10 class punch card: Members \$100 / Guests \$150

TRX Suspension Training

Tue & Thu 6 am / Bridget Voorhees

Tue & Thu 9 am / Kara Assaley

Mon & Wed 5:30 pm / Kaci Briggeman

TRX is an efficient total body workout that uses your own body weight to improve your strength, flexibility and balance.

All fitness abilities welcome.

10 class punch card: Members \$100 / Guests \$150

Rankin's Functional Fitness

Mon, Wed & Fri 10 am

Build your core strength, power and functional stability with Mike Rankin's full body, high intensity, muscle conditioning class.

10 class punch card: Members \$100 / Guests \$150

TENNIS

Labor Day Mixer

Mon, Sept 5, 9-Noon

Start your Labor Day off on the correct foot by chasing a yellow ball around the court at a fun, three hour mixer.

Members \$10 / Guests \$20

Adult Weekly Fall Clinics

Session 1: Sept 12-Oct 23

Sign up Mon, Aug 29, 8 am

Classes include Intro to Tennis, Adult Intermediate, Stroke of the Week & Tennis Workout

Members \$60 / Guests \$90

Please see the Fall Adult Tennis brochure for more details, peakmissoula.com

Please sign up at the Racquet Club Service Desk.
251-3356 ext 10

Adult Weekly Events

Men's Night, Ladies Night and Ladies Day League

Sept 19-Dec 18

Members \$5 per week / Guests \$20 per week

Please see the Fall Adult Tennis brochure for more details, peakmissoula.com

Please sign up at the Racquet Club Service Desk.
251-3356 ext 10

Sign up deadline: Weekly

Adult Singles & Doubles Leagues

Men's & Women's Singles & Doubles

(4-5 match min guaranteed)

2.5, 3.0, 3.5, 4.0, 4.5

Scheduled at your convenience between Sept 15-Dec 18.

Members \$30 per league / Guests \$25 per match

Cost includes balls, guest fees & league prizes.

Please sign up at the Racquet Club Service Desk.

251-3356 ext 10

Junior Tennis

Session 1: Sept 12-Oct 23

Sign up Mon, Aug 29, 8 am

Classes include QuickStart, Junior Development,

Pre-Tournament Group, Tournament Group, Team PEAK

& Junior Team Tennis Night

Please see the Fall Junior Tennis brochure for more details, peakmissoula.com

Please sign up at the Racquet Club Service Desk.
251-3356 ext 10

YOUTH

FIT KIDS Group Fitness (6-9 yrs & 10-13 yrs)

10-13 yrs: Mon 4:30 pm

6-9 yrs: Wed 4:30 pm

Introduction to cardio & speed training using light weights & your own body weight.

COMPLIMENTARY TO ALL PEAK MEMBERS.

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