

# The Peak Press



Volume 1, Issue 5

May 2009

## The Peak Press

*A monthly newsletter of Peak Events and Information*

**P**eak wants you to be the first to know what's going on at the Club! Get all your information each month in The Peak Press.

If you are interested in receiving this newsletter via e-mail, please send your e-mail address to [tony@peakfitnessusa.com](mailto:tony@peakfitnessusa.com). ■

## Memorial Day Hours

**O**n Memorial Day, Monday, May 25, Peak Sports Club will be closing at noon. Daycare hours on Memorial Day will be from 8AM to 12PM and the Activity Pool will be open from 10AM to 12PM. There will be three group fitness classes scheduled for Monday as well. They are as follows: Spin from 8 to 9:30AM, Step from 9 to 10AM, and BodyPump from 10:05 to 11:05AM. The club will reopen at 6:00AM on Tuesday, May 26. ■

## SUMMER HOURS

### **Pool, Daycare, Climbing Wall, XerGaming Room**

**B**ring on the heat! Beginning June 1<sup>st</sup>, the hours for the Activity Pool, Daycare, Climbing Wall, and XerGaming Room will be changing.

The Activity Pool hours will be as follows:

Monday & Wednesdays..... 10AM - 4PM  
Tuesday, Thursdays & Fridays..... 12PM - 8PM  
Saturdays & Sundays..... 11AM - 6PM

The Lap Pool hours will remain the same. It is open:

Monday - Friday..... 5AM - 10PM  
Saturday & Sunday..... 6AM - 10PM

Daycare will be open:

Monday - Friday..... 8AM - 8PM  
Saturday..... 9AM - 2PM  
Sunday..... Closed

The Climbing Wall and XerGaming Room will be open:

Monday - Friday..... 2PM - 8PM  
Saturday & Sunday..... 10AM - 4PM ■

## SPECIAL EVENTS

### PARENT'S NIGHT OUT

*Two this month!*

**B**ring your kids Saturday, May 9<sup>th</sup> from 5 to 10PM for an evening of fun! Food will be provided. Activities include: swimming, rock climbing, XerGaming room, and a special Mothers Day craft. We will end the night with a movie including drinks and popcorn. The cost is \$15/child for members and \$20/child for non-members and is open to children ages 3 to 12. All children must be potty trained. Sign up early, only 40 spots are available and after May 6, the cost is \$20/child for members and \$25/child for non-members! Sign up ends on Saturday the 9<sup>th</sup> at noon.

**T**here will be a second Parent's Night Out on Saturday, May 23<sup>rd</sup> from 5 to 10PM. After May 20, the cost will go up same as above. Sign up ends on Saturday, May 23<sup>rd</sup> at noon. ■

## CALENDAR OF EVENTS

PARENT'S NIGHT OUT

DATE S – SATURDAY, MAY 9

SATURDAY, MAY 23

TIME – 5-10PM

MOTHER'S DAY

DATE – SUNDAY, MAY 10

ROCKFORD MARATHON AND HALF MARATHON

DATE – SUNDAY, MAY 17TH

MEMORIAL DAY

DATE – MONDAY, MAY 25



**PEAK**  
SPORTSCLUB

4401 Peak Dr.  
Loves Park, IL 61111  
815.877.4401

## PEAK RUNNING CREW

Race season is here! Whether you're running your first 5K or a seasoned veteran, come join the Running Crew on Tuesdays at 5PM for a fun and exciting workout. All abilities welcome!

### May Race Calendar:

Saturday, May 2<sup>nd</sup> – Cinco de Mayo 5K Run

Saturday, May 2<sup>nd</sup> – Peanut Butter Duathlon

Saturday, May 3<sup>rd</sup> – Northwest Passage 5K Run

Saturday, May 9<sup>th</sup> – The Literacy Half Marathon

Sunday, May 17<sup>th</sup> – The Rockford Marathon

For a complete schedule of local races, please visit

[www.rockfordroadrunners.org](http://www.rockfordroadrunners.org) ■

## AQUATICS

The morning pool hours will be the same on Memorial Day, Monday, May 25. The activity pool will be open from 10AM to 12PM. Normal weekend hours still apply.

**NEW!** A 4-week group swim lesson session from May 4<sup>th</sup> to June 1<sup>st</sup>. See the front desk for details and to register. ■

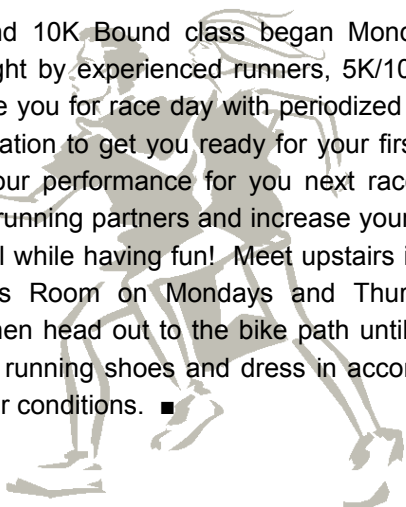
## GROUP FITNESS

*New Launch / Summer Schedule / 5K Bound*

There is a new group fitness launch for BobbyPump, BodyAttack, and BodyVive.

The summer class schedule will be effective Monday, June 1. See the group fitness schedule for any further changes.

5K and 10K Bound class began Monday, April 20<sup>th</sup>. Taught by experienced runners, 5K/10K Bound will prepare you for race day with periodized workouts and information to get you ready for your first race or improve your performance for your next race. You'll meet new running partners and increase your ability to perform, all while having fun! Meet upstairs in front of the Fitness Room on Mondays and Thursdays at 5:30PM Then head out to the bike path until 6:30PM. Wear safe running shoes and dress in accordance to the weather conditions. ■



## BASKETBALL COURTS

The basketball courts will be closed for refinishing from June 1<sup>st</sup> to June 5<sup>th</sup>. We apologize for any inconvenience. ■



## EXERCISE YOUR MIND WALLIES

1. When did England begin with an E and end with an E?
2. The more you take away the bigger it gets; the more you add the smaller it becomes. What is it?
3. What has four legs and two arms?
4. Why was six afraid of seven?
5. What do you get if you cross a brook and a stream?
6. Can you spell hard water using just three letters?
7. What kind of book can a writer never finish?
8. I have a mouth but do not speak,  
I have four eyes but do not see,  
I have a bed but do not sleep,  
Can you tell me who I be?

\*\*\* Answers located at bottom of page

## Member Referral Program

As a reminder, if you refer a friend to either Peak Fitness or Peak Sports Club, we'll give you and your friend a \$25 gift card. The card may be used towards any services or products offered at either facility. The memberships must be paid in full or month to month.



\*\*\*Answers: 1.) England always began with an E & end always began with an E 2.) A hole 3.) An antichair 4.) Seven ate Nine 5.) Wet feet 6.) ICE 7.) Hitler autobiography 8.) The Mississippi River