



SUMMER SLIMDOWN

LOSE THE LARGEST PERCENTAGE OF BODY WEIGHT & WIN YOUR PROGRAM FOR **FREE!**

- ♦ 8 Weeks of Full Access to Peak Performance Fitness Center for Program Compliance
- ♦ Personal Training Sessions Twice per Week (16 total)
- ♦ Resting Metabolic Rate Test
- ♦ Weekly Nutritional Counseling sessions
- ♦ Group Workout Classes Twice per Week
- ♦ Bi-Weekly Body Composition Assessments to Track Progress
- ♦ Nutritional Counseling Session & Food Journal
- ♦ Recipe Booklet for Successful Meal Prepping
- ♦ Weekly Tips From Our “Biggest Losers”

**2 PAYMENTS
OF
\$497**

PROGRAM IS LIMITED TO 8 PARTICIPANTS!

Email fitness@peakptfit.com or call 516-599-8734 to reserve your spot!

PROGRAM STARTS MONDAY, MAY 8TH

PEAKPTFITNESS.COM

PEAK
PERFORMANCE
FITNESS

**225 MERRICK ROAD
LYNBROOK**

8 WEEKS TO A STRONGER, HEALTHIER YOU