

TEAM PEAK IS BACK...

AND WE'RE GIVING THE TURKEY A RUN FOR ITS MONEY!

Ever wanted to complete a race?
Want to get in shape and shed a few pounds before the holidays?
Join Peak Performance's Team as we prepare for our fifth race.

ALL EXPERIENCE LEVELS WELCOME!

3 DIFFERENT PROGRAMS AVAILABLE: WALK, WALK/RUN, & RUN!

EVENT: MASSAPEQUA PARK TURKEY TROT
DISTANCE: 5K (3.1 MILES)
DATE: SATURDAY 11.18.2017
TIME: 8:30 AM
PROCEEDS: PROCEEDS BENEFIT THE
YES COMMUNITY
COUNSELING CENTER

REGISTRATION FEE:
\$150



REGISTRATION INCLUDES:

1. YOUR CHOICE OF METABOLIC TESTING TO MAKE IT SPECIFIC FOR YOU!
VO2 TESTING: DISCOVER YOUR AEROBIC FITNESS LEVEL AND CALCULATE SPECIFIC HEART RATE ZONES TO MAXIMIZE YOUR TRAINING EFFORTS! OR RMR TESTING: DETERMINE YOUR METABOLIC RATE TO CALCULATE YOUR CALORIC NEEDS & JUMPSTART YOUR WEIGHT LOSS!
2. RACE ADMISSION
3. PEAK TEAM DRI FIT T-SHIRT
4. 8 WEEK TRAINING PROGRAM
5. WEEKLY GROUP RUN/WALK

PROGRAM STARTS SEPTEMBER 25TH

FOR MORE INFORMATION, CONTACT ANY FITNESS STAFF MEMBER!