

Cooler days are near!! Yay!

BUT DON'T LET SWEATER WEATHER RUIN YOUR SUMMER RESULTS!

QUICK START WEIGHT LOSS PROGRAM

PROGRAM INCLUDES:

- RESTING METABOLIC RATE TESTING
- NUTRITIONAL GUIDANCE & WEEKLY COUNSELING SESSIONS
- PERSONAL TRAINING SESSIONS
- FULL USE OF FACILITIES AND INDIVIDUALIZED EXERCISE PROGRAM

SIGN UP
BEFORE SEPTEMBER 30TH
& GET

2 free

PERSONAL TRAINING SESSIONS
ADDED TO YOUR PROGRAM!

Guaranteed results

Offer expires September 30th, 2022

NEW MEMBERS ONLY

Email: fitness@peakptfitness.com for details