

JOIN TEAM PEAK!

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 SEVENTH 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 11.17.2018

TIME: 9:00 AM
PROCEEDS: PROCEEDS BENEFIT
THE YES COMMUNITY COUNSELING CENTER

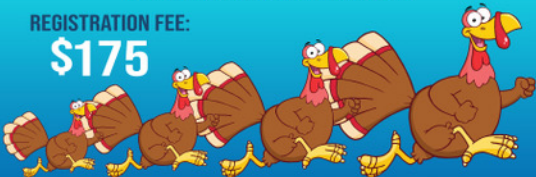
REGISTRATION INCLUDES:

- 8 WEEK TRAINING PROGRAM
- WEEKLY GROUP RUN/WALK
- PEAK TEAM DRI FIT T-SHIRT
- RACE ADMISSION
- YOUR CHOICE OF METABOLIC TESTING TO MAKE IT SPECIFIC FOR YOU!
VO2 TESTING: DISCOVER YOUR AEROBIC FITNESS
RMR TESTING: DETERMINE YOUR RESTING METABOLIC RATE

PROGRAM STARTS SEPTEMBER 24TH

REGISTRATION FEE:

\$175



FOR MORE INFORMATION SPEAK WITH ANY FITNESS STAFF MEMBER!