

TEAM PEAK IS



LOOKING FOR A NEW GOAL? WANT TO SHED WEIGHT BEFORE THE HOLIDAYS?
JOIN US FOR THE 13TH YEAR TROTTING !!
ALL EXPERIENCE LEVELS WELCOME!

8 WEEKS OF TRAINING LEADING UP TO

EVENT: MASSAPEQUA PARK TURKEY TROT

DISTANCE: 5K (3.1 MILES)

DATE: SATURDAY, NOVEMBER 23RD

PROCEEDS: BENEFITING THE YES COMMUNITY COUNSELING CENTER

REGISTRATION INCLUDES:

8 WEEK WALKING, RUNNING OR RUN/WALK 5K PROGRAM
OUTDOOR WEEKLY GROUP RUN/WALK
TEAM PEAK RACE SHIRT
STATE OF ART INBODY SCAN
YOUR CHOICE OF METABOLIC TESTING
VO2 TESTING: DISCOVER YOUR AEROBICS FITNESS
RMR TESTING: DETERMINE YOUR RESTING METABOLIC RATE

START DATE:
SEPTEMBER 28
FEE: \$235



FOR MORE INFORMATION SPEAK WITH ANY FITNESS TEAM MEMBER!