



Lose It At The PEAK

February 1-April 2, 2018

Lose It At The PEAK (LIATP) is an **8 week multifaceted, weight loss and lifestyle program** that includes: nutrition, small group training and life coaching. The program is coordinated by Denise Zimmer, Registered Dietitian, PEAK Personal Trainers and Karna Sundby, Life Coach.

Kickoff: Thursday, February 1, 6-8 pm at Blue Mountain

Attendance is crucial. We will be conducting weight/measurements, nutrition planning, Myfitnesspal tracker training, trainers, life coach & dietitian introductions, sign-ups for private nutrition & life coaching consultations and before pictures.

Small Group Training Classes: February 5-March 30

Monday/Wednesday/Friday-8 weeks, 24 sessions.

*NEW Downtown 5:30 pm, Tuesday/Thursday Only-8 weeks, 16 sessions

Classes offered: (5 participant minimum needed per class)

Blue Mountain: 6 am, 10 am, Noon, 5:30 pm

Downtown: 6:15 am, 4:30 pm, *5:30 pm (T/Th only)

Celebration: April 2, 6:30-7:30 pm at Blue Mountain

Program includes:

InBody Testing: Body composition(% fat/lean muscle) at beginning and end of program.

Training: 8 weeks of group fit classes (M/W/F) & *(T/TH only) with personal trainer.

Weekly Weigh-ins: with personal trainer.

Nutrition: 30 minute private consult with RD, 3-one hour group nutrition classes, 4 weeks of food log analysis.

Life Coaching: 30 minute private consult, 2-one hour group classes.

PEAK T-shirt

Registration: January 2-26 (Space limited)

Sign up at Fitness Desk or email denise@peakmissoula.com

Cost: \$375 Member, \$475 Guest

***Downtown T/Th Only: \$295 Member, \$395 Guest**

Must be paid in full by January 26.

Questions or more info, please contact Denise Zimmer: 239-0078, denise@peakmissoula.com.