

**Signup
NOW and
reserve your
spot!**

PEAK FITNESS

Presents!

12 Week Total Transformation Fit Class!

Get Fit and lose weight like never before!

Get in the best shape of your life and accomplish your New Year resolution!

Lose inches off your waist, thighs & body! **GUARANTEED!**

Sculpt & tone your body the way you have always wanted!

The most cost effective way to hire your own Personal Trainer.

Women— Shape your body & fix your problem areas while you torch the fat for the strongest sexiest you ever!

What can you expect?

To get the fittest you have ever been!

To jumpstart your fitness routine and fire up your metabolism!

To develop the skills, coordination, and flexibility you never dreamed possible.

To sharpen your knowledge of eating clean and discover healthy choices.

To increase your energy to a level you never knew existed.

And you can expect to sweat. A lot!



What do you get?

- 1) A clean eating guide book based on your gender & meal diary.
- 2) A work out diary to track your progress.
- 3) A wrist heart rate monitor watch.
- 4) A before & after fit test.
- 5) Body fat percentage reading before & after.
- 6) Body measurements before & after
- 7) Before & after pictures.
- 8) **A 100% money back guarantee:** You WILL get results or your money back (must attend a minimum of 48 classes in 12 weeks and follow the meal plan and meal diary.)

9) A variety of exercises and styles designed to keep your body guessing and heart rate adjusting constantly: includes; Plyometrics, Weights, Aerobics, Yoga, and exercises you have never before experienced in your life! (IF you've seen P90X or INSANITY this is very similar)



What is the schedule?

5 days a week Monday through Friday 6 am to 7 am Starting February 7th and ending May 07, 2010. (Picture & measurement days with fit test will be scheduled prior to start . The last day of class will be after pictures, measurements. 706-529-7867 or my cell 423-504-6224 *Instructor: Bernard "Bernie" Oostra, Certified Fitness Professional.*

What does it cost?

PEAK members pay only \$300.00 for 12 weeks that is 60 classes at only \$5.00 a class. Non-members cost is \$400.00 (Payment plan available) \$150.00 deposit required to hold your spot. Class size is limited so sign up ASAP! (10% discount for spouse/s. o.) if you start late we will pro-rate per weeks left in program.

No matter what your level of fitness, this program is designed to get you to the next level you have always wanted!

PEAK FITNESS - at Hammond Creek - 1021 Riverburch Parkway, Dalton, GA 30721.
(Dalton Bypass & Cleveland Hwy.)