

# July Calendar of Peak Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Holiday Hours 7am-1pm <b>NO</b> classes & babysitting		1   2   3 Come shake it to the beat in Zumba with Shauna, Monica & Lynn! 		
4 HAPPY 4TH OF JULY!!!!!!	5	6   7   8   9 <i>Peak Business of the Month</i> <b>Higgins Group Real Estate</b> 203-640-6653 kwest@higginsgroup.com				10 
11	12	13	14 	15	16 Become a fan of Peak Fitness Center LLC  	17
18 	19 Bring a Friend to Class Non-members \$10 Can come to ANY class	20	21 	22	23 Come Learn Kettle Bell Every Saturday Morning 8:30-9:00 am intro class 9:00-9:30 am regular class  	24
25 Come for Group Exercise 	26	27	28	29	30 Nutrition Sessions Come learn how to Better your diet book your appointment today! 	31

\*Our Calendar of Events is for Members Only!  
\*Must be 18 or older and check-in at front desk.

\*Body Fat Testing is a complimentary service our Trainers provide to help you track your progress with your fitness routine.

If you have any questions feel free to contact Doreen, club manager, at dchuca@peakfitnesscenter.com