



I Lost It at the Club!

Eagle Peak Fitness is dedicated to helping its members and the local community achieve their New Year's fitness goals with the 7th annual 'I Lost It at the Club!'.

Coordinated by the International Health, Racquet & Sportsclub Association (IHRSA), 'I Lost It at the Club!' is an eight-week motivational weight loss program designed to help current members and people from the local community keep their New Year's resolutions and maintain a healthy and active lifestyle year-round.

"The New Year is a time for a fresh start; for some club members, that means vamping up an existing fitness program, and for others, it's an opportunity to start taking control of their health for the first time," said Beth Atwood. " 'I Lost It at the Club!' is a fun and upbeat program appropriate for people at all fitness levels to share their fitness experience with other club members. We would also like to openly welcome members of the community to come and participate in 'I Lost It at the Club!' to make their health goals a reality."



For additional information about the program stop by the front desk or call us ASAP!
(program runs January 24 until March 24)

We want you to get HEALTHY!