



**PROGRAM STARTS DECEMBER 1**



Peak Performer Program is an incentive program which tracks your cardiovascular workouts and rewards you for being active.

**FREE  
Program**

**DESIGNED TO ENCOURAGE YOU TO STAY HEALTHY  
THROUGH CARDIOVASCULAR TRAINING**

Each cardio workout earns you 1 point towards milestones up the mountain. Workouts includes running, walking, biking, rowing, elliptical, stairmaster, swimming, aerobic class or spin class.

