

Peak Fitness helps one of its family members

Peak Fitness is trying to help Bobbi Jo, a Group Fitness instructor at the Harrisburg and University locations. Bobbi Jo lost her husband in September to a heart attack. Bobbi Jo is a longtime member of the Peak Fitness family and we all need to help her out.

Peak Fitness - Harrisburg was the first to lend a helping hand. General Manager Jennifer Flake and the Group Fitness instructors helped coordinate a fundraiser Oct. 3 to help Bobbi Jo and her family. A lot of members and Peak Fitness employees came by the special Group Ride class and helped the club raise more than \$1200!

Another event will be held Oct. 10 at Peak Fitness – Concord for the Group Launch, celebrating the new season of group fitness. Group Fitness coordinator Angie Austin coordinated a partnership with the American Heart Association. The Group Launch event is open to the public.

If you would like to help you can contact Jennifer Flake <mailto:jflake@peakfitnessus.com> or Angie Austin <mailto:aaajan27@ctc.net>.