

Peak Fitness – Matthews transforms October to ‘Fitober Bash’

Peak Fitness – Matthews has a great deal of events planned in October for everyone in the family! Here are some important dates and news...

October 10 – Group Launch: free for everyone! Bring a friend!

Group Ride – 9 a.m.

Group Power – 10:15 a.m.

October 23 – Zumba plus Core Specialty class

Everyone has been talking about the fun dance class Zumba with Denise! Give this 90-minute class a try! The cost is \$2 for members and \$4 for non-members.

October 26: Fitober Bash! Free food, prizes, vendors and more! Bring your friends and family! The child watch staff is also hosting a Halloween Party for the little ones including prizes for best costume, coloring contests and lots of treats! General manager Jenn Musso predicts it everyone will have a “Spooooktacular time!”

Other news

- Coming soon: Transitions Lifestyle! Transitions is a three-part system consisting of weight loss through low glycemic index eating, behavior modification and exercise. The first seminar is Tuesday, Oct. 13, 10:45 to 11:45 a.m. Another session is held Oct. 15 from 7 to 8 p.m.
- Attention all early birds: 6 a.m. classes are back! Join us for Group Power on Tuesdays and Group Cycle on Thursdays! Check out the full schedule [here](#).

Peak Fitness – Matthews is located at 10404 Independence Blvd. Any questions contact Jenn at jmusso@peakfitnessus.com or 704-814-7325.