

the Life Athlete

experience greater gains with less work



(formerly the elite edge)

Peter Shmock founded this dynamic outcome oriented class which is a culmination of lessons learned while training for 2 olympic teams and 30+ years of training Life Athletes. Co-taught by master trainer Joe DeShaw, this course, at it's core is about Self mastery: physical and mental. Peter and Joe will coach you how to achieve greater functional physical strength with less work, using an innovative progressive program. The Results? You'll be more fit than you ever thought you could be. **You Can Improve.** No matter what your age or level of physical fitness, the Life Athlete course and it's fundamental tenants will give you the practical skills and physical tools to perform better in sport and life.

TUESDAYS WITH JOE 7:00PM TO 8:30PM

October 4, 11, 18 • November 1, 8, 15 • November 29, Dec. 6, 13

SATURDAYS WITH PETE 10:30AM TO 12:00NOON

October 8, 15, 22 • November 5, 12, 19 • December 3, 10, 17

Sign up for either Tuesdays or Saturdays.

You get 10 classes during the 9 weeks of classes offered.

Class space is limited to 10 people.

All classes are held at ZUM. \$450 covers ZUM members for 10 classes (\$600 for non-ZUM members). If you miss a class in your series—you can make it up on a day in the other series.

**CONTACT THE ZUM FRONT DESK
206.443.3933 TO SIGN UP TODAY!**