

LONE PEAK PT & PERFORMANCE PRESENTS:

HER POWER HOUR

A Hormone Aware Approach to Fitness

Hosted at Lone Peak PT & Performance - Bozeman

100 Bridger Center Drive
Bozeman, MT 59715



A 6-Week Program Designed for Women 40+

Her Power Hour is designed to help you optimize your health and performance!

This 6-week program, led by a Doctor of Physical Therapy with expertise in hormone health, orthopedics and pelvic floor function, is tailored specifically for women.

Join us and experience the difference!

As women age, our bodies undergo significant hormonal changes. These changes can impact our energy levels, muscle mass, bone density, and overall well-being.

We are the **only** fitness program in the Gallatin Valley that is specifically tailored to hormonal changes and specific workout needs for:

- **Women in perimenopause:** You may start feeling symptoms from hormones shifting as early as 6 years before you officially experience menopause, this commonly happens around ~40, but could be earlier or later.
- **Women in postmenopause:** Looking to improve their body composition, strength and/or overall health profile.
- Women who are struggling with **osteopenia** or **osteoporosis**.
- Women who are interested in using exercise and nutrition to **help manage hormone changes** that may be causing stress, anxiety, weight gain, difficulty sleeping, etc.
- Women who have **medically induced menopause:** Hysterectomy, treatment or surgery that has removed ovaries.

What to Expect:

- **Weekly In-Person Workouts:** Join us Wednesday mornings starting from 7:00-8:00AM for a small-group dynamic, one-hour workout session that combines:
 - Sprint Interval Training
 - High Intensity Training
 - Heavy and safe Resistance Training
 - Jump training
- **Programmed Workouts:** Receive weekly customized workouts to complement your in-person sessions and fit your busy schedule.
- **Evidence-Based Approach:** Our workouts are rooted in the latest research on hormone health, osteopenia, osteoporosis and female fitness.
- **Expert Guidance:** Benefit from the knowledge, coaching and expertise of a Doctor of Physical Therapy who will ensure confidence and safety with lifting heavy and interval training.
- **Supportive Community:** Connect with like-minded women.

Workout Series Details:

Date: January 8 - February 12, 2025

Time: Wednesday Mornings 7:00-8:00AM

Location: Lone Peak PT & Performance - Bozeman

Cost: 6-Class Pack \$125



SIGN UP NOW!

QUESTIONS? CALL OR TEXT US ANY TIME: (406) 551-9077