



NUTRITION for TRIATHLETES

Friday, March 27th

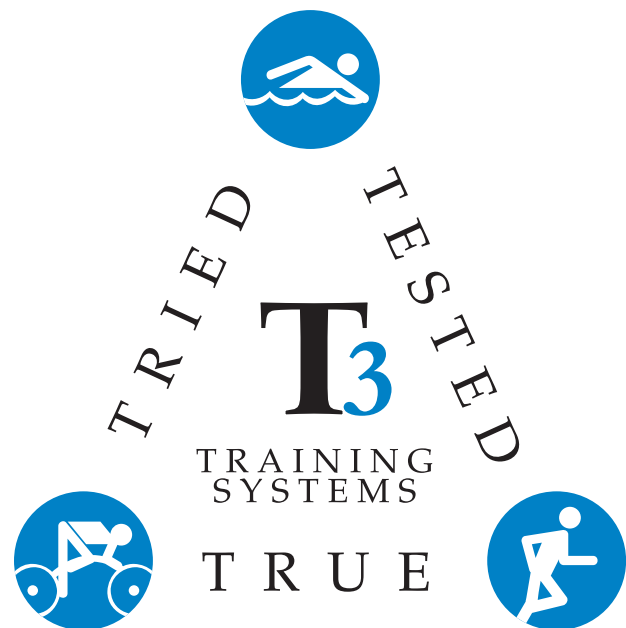
12:00–1:00PM

in the main studio

with **Peter Berrisford**

- Certified U.S.A. Tri-athlete Level II Coach
- Certified U.S.A. Cycling Level III Coach
- Certified Nutritionist
- Certified F.I.S.T. BikeFit Specialist

Peter has competed in 20 Ironman competitions and specializes in ultra endurance & adventure racing/training.



Sign up at front desk or contact Andre
apounds@sportsplex-ct.com