



READY TO ACHIEVE THAT LEAN, ATHLETIC, AND TONED BODY

Our cutting edge group personal training program provides fast paced, fun methods for sculpting muscle, melting fat, and looking great. Unique exercises will keep you focused in and out of the gym, and creative meal plans will satisfy. **I.M.P.A.C.T** is an innovative program that is refreshing alternative to boring, repetitive workouts. Regardless of your fitness level, current weight, age, or gender, our program will:

- Help burn fat and gain muscle
- Quickly transform and tone your body
- Show you how to keep your new lean, athletic and toned body-forever

DISCOVER HOW TO TAKE YOUR BODY TO THE NEXT LEVEL!

I.M.P.A.C.T. is a blend of free weights, plyometrics, fighter's moves, calisthenics, endurance training, and much more to create a highly effective, dynamic, and diversified total body workout. Whether you are just starting a program or looking to get to the next level, **I.M.P.A.C.T.** is the program for you!

EACH I.M.P.A.C.T WORKOUT INCLUDES:

- **Dynamic Warm Up** to get you prepared for the workout
- **Sports Specific Drills** to torch fat
- **Strength Exercises** to target all the major muscles
- **Interval Training** for cardio endurance
- **Flexibility** exercises for regeneration and recovery

WHY CHOOSE US?

Other programs do a little bit of everything. But here we only do one thing perfect...making your body look incredibly lean, toned, and sexy! Using our ultimate body 3-In-1 workout system, we combine resistance training, cardio, and abdominal/core training in every workout to help burn fat, build lean muscle, and energize your body all at once!

SPECIAL STATE OF IOWA EMPLOYEES RATE

My normal rates are **\$99 a month**, but for State of Iowa Employees it's only **\$49 a month** for a six-month membership, that's a little over \$1 per day! Two locations to choose from and unlimited access. Join anytime!

LOCATIONS IN THE DES MOINES AREA

4503 NE 50th St. #100/200
Des Moines, IA 50317

4600 Park Avenue
Des Moines, IA 50321

For more information contact:

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Your Lean, Athletic, & Toned Body 4 Life! Discover how to take your body to the next level at www.champsfitnessusa-impact.com.