Membership Opportunity for Employees of State of Iowa Join Without Paying the Joining Fee – A \$96 Savings!! Dojo's Family Martial Arts

2401 SE Tones Dr. Ankeny, Iowa 50021 (515) 963-9989

Visit our website at www.mydojos.com

When calling, please mention that you are a State of Iowa Employee to receive our group discount rate.

We offer Martial Arts Classes for all ages and fitness levels as well as a superior Body Shaping Course for Adults.

Martial Arts

The benefits of Martial Arts training are tremendous. Here are just a few.

Little Dragons: (Ages 4-6) Children of this age will develop physical skills such as coordination, balance and motor skills. We will also focus on mental benefits such as kindness, honesty, respect and many more. All while having fun.

KIDS: (Ages 7-12) Statistics have shown that 80% of the children entering 3rd grade have a great amount of confidence and motivation. Only 30% keep those qualities going into 4th grade. Our goal is to instill the values needed to keep that confidence and leadership for the rest of their life.

TEENS: (Ages 13-19) Teenagers are most vulnerable to peer pressure that results in alcohol abuse, drug addiction, promiscuity, and even suicide. Teenagers will not have the time nor the desire to become involved in such activities if they are encouraged to set specific goals and have a mentor that can help them achieve those goals. The teens at Dojo's become excellent role models for younger students. They are bound by the principles of Black Belt Excellence.

ADULTS: (Ages 20-99) Adults need motivation too. Many adults set goals to become more physically fit. It is too difficult to stay motivated on your own. We will be pushing you, monitoring you, and motivating you all the way to Black Belt and beyond. For most adults, self defense becomes a side benefit. The true benefits are looking in the mirror and seeing results, the desire to eat better, having more energy and the feeling of success after each victory.

Body Shaping/Cardio Kickboxing

Our body shaping course is a 10 Week course of exciting, intense results.

Here's what you will experience:

Orientation - You will be put through an initial evaluation. This will include getting your starting weight, measurements, body fat %, determine your Basal Metabolic Rate, "Before" picture and more. You will also meet the instructor and other classmates that are on the same mission as you.

Weeks 1 thru 10 - During this time you will attend the Bodyshaping Course. The class consists of Cardio Kickboxing, target hitting, interval training, crunches, kicks and anything else that makes you sweat away the old body and reveal the new you.

Finale - At the end of week 10 we will evaluate your progress. If you attended classes 3-4 times per week and followed the nutritional guidelines then this will be a very exciting moment.

Maintenance - Healthy bodies are the result of a well balanced lifestyle. Proper eating habits and exercise are the only way to get it. This is something that must become a part of you. There is no "quick fix" that is healthy for you.

If you commit to be healthy then we will commit to motivate and support you all the way.

*Proof of current State of Iowa employment (employee ID card, check stub) is required.

For More Information, Contact:

Dojo's Family Martial Arts 515-963-9989 <u>www.mydojos.com</u>