



UNLEASH YOUR POTENTIAL  
**KOSAMA**  
 COMPLETE BODY TRANSFORMATION



**STATE EMPLOYEE DISCOUNT**

**KOSAMA Complete Body Transformation** is offering discounted rates to State of IA employees. You can use this discount to access fitness and wellness activities, which are an important part of a healthy lifestyle.

**KOSAMA Complete Body Transformation** is an **8-WEEK** complete program, designed to increase lean muscle mass and transform the body from the core out.

**EACH  
 EMPLOYEE  
 RECEIVES  
 \$50 OFF**

**UPPER BODY | LOWER BODY | PLYOMETRICS  
 KICKBOXING | KETTLEBELLS | YOGA**

Member Type	Regular Price	State Employee Price
Individual	\$349	\$299

**ENROLL NOW!**

For more information call Kosama Downtown at 515-480-8626 or email [downtown@kosama.com](mailto:downtown@kosama.com)

**DOWNTOWNDSM.KOSAMA.COM**