

# FUSION FITNESS

results you want. motivation you need.

With proof of employment at an Indianola COC business you can enjoy the following...

10% off your membership

1 month FREE for 1st time members w/ ACH

Half price enrollment fee

Over 36 classes per week

24 hours access 7 days a week

Personal Trainers  
Family Atmosphere  
Daycare AM & PM

Additional programs like...  
Biggest Loser, Running Club, SilverSneakers, and Kid Fit programs

Classes like...Yoga, Pilates, Kickboxing, Spinning, Combat Fitness, Boot Camp, Step, Body Sculpting, and Zumba

**Voted the best Fitness Center in Warren County for 2 years in a row!**

Because your employer is a member of the Indianola Chamber of Commerce you can save 10% on your membership at Fusion Fitness!

Warren County has the highest obesity rate in the state of Iowa...  
Do I have your attention? How can we beat this?

For you employers...research has shown there is a direct correlation of high obesity rates and high health care costs. Let Fusion Fitness help you promote fitness in the work place so we can fight this epidemic!

For you employees....research has shown, exercise during the workday improves job performance. A study by Jim McKenna from the University of Bristol showed that after exercising, participants returned to work more tolerant of themselves and more forgiving of their colleagues. Their work performance was also consistently higher, as shown by better time management, and improved mental sharpness.

Come help us fight obesity in Warren County and improve your job performance by working out during your lunch hour. You can shower afterwards and go back to work a more productive employee!

**How do you join?**

Call Fusion Fitness at 961-6066 or [molly@fusionfitnessindianola.com](mailto:molly@fusionfitnessindianola.com) or check us out at [www.fusionfitnessindianola.com](http://www.fusionfitnessindianola.com)