

ISI

2012!



IMPACT
SPORTS PERFORMANCE

IRON SHARPENS IRON

And Now introducing

Not Just Nuts and Bolts!

mission:

These adult fitness classes for anyone with the desire to make improvements on their current health. It doesn't matter where you are currently, ISI & NJNB are the programs for you. This class will focus on you; fixing the every day aches and pains, lowering body fat, and providing new found strength!

details:



when: Mon, Wed (6-7am) & Sat 8-9am - ISI (Men's Fitness)
Tues, Thurs (6:30-7:30pm) & Sat 9-10am-NJNB (All)

starts: Jan 9th, 2011 (ISI) & Jan 10th (NJNB)

includes: 18 sessions + 3 months life changing nutritional guidance

cost: Fitness only: \$270
Nutrition & Fitness: \$320
*Can be split into 2 equal payments
Nutrition only: \$150



where: Impact Sports Performance
1575 Main St, Broomfield, CO

Tim is a welcomed asset to the Impact Sports Performance team! His nutrition programs have taken collegiate and professional athletic performance to the next level. He provides comprehensive nutritional counseling to every type of client. Not only does Tim excel in custom nutritional counsel, but he is an expert in the fitness industry. Tim runs one aspect of our Adult Fitness at Impact with the Iron Sharpens Iron training program. The idea of adding the ISI program comes from his experience at Northwestern College and through his 4 years of football and wrestling there. Working in a highly competitive environment at Northwestern provided a great level of physical, mental, and spiritual growth, something Tim was eager to engage. Tim loves to bring his energy and focus to the ISI program at Impact Sports Performance. He can be contacted for more information at 303-709-2058 or tim@myimpactsports.com



www.MyImpactSports.com

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