

# PORCELLI'S

## TRAINING CENTER

### NEW LOCATION!

1300 Metro East Dr, Ste 118  
Pleasant Hill, IA 50327  
Showers At New Location  
(515) 371-4170

# Fitness MMA

*Get In Shape in 8 Weeks!*

Train To Be Fit • No Contact  
Includes Strength & Conditioning

## 8 WEEK PROGRAM

Monday, Tuesday, Thursday, Friday  
**November 28 - January 20**  
**5:45am - 6:30am**

*17 Years and Older, Men and Women Are Invited!*

# \$200

Take Advantage of our  
2 FOR 1 SPECIAL.  
Bring a friend for FREE!

Train With  
**Anthony Porcelli,**  
**MMA Wrestling**  
**and Fitness Coach**  
Over 20 Years Experience

[www.desmoinesmma.com](http://www.desmoinesmma.com) • [apporcelli@hotmail.com](mailto:apporcelli@hotmail.com)

### Porcelli's Training Center - Fitness MMA - 8 Week Program

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_, 20\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Any Medical Conditions? \_\_\_\_\_

**Waiver:** *I certify I have been cleared by a physician and hereby given my permission for all and any activities in daily practice or workout. I further waive any legal action against Porcelli's Training Center, Anthony Porcelli, and its employees/helpers for injuries that may occur.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_