

New Fast-Track IMPACT Lifestyle Fitness Program Coming to Bloomfield Hills in December

IMPACT Provides Fitness Bootcamp Participants with New Fast-Track Lifelong Program

Nov. 4, 2009 - [PRLog](#) -- BLOOMFIELD HILLS, Mich. – There's a hot new fitness program starting in Bloomfield Hills on December 1 that's been sweeping the country challenging exercise enthusiasts looking for a co-ed advanced training lifelong alternative to the traditional fitness bootcamp.

The program, called Intense Mixed Performance Accelerated Cross Training or IMPACT, will provide advanced participants of the Oakland County Adventure Bootcamps with a new fast-track 12-month fitness and diet program alternative.

"This new program provides participants in the Oakland County Adventure Bootcamps with the next level of fitness programs combining a rigorous workout routine with a diet program that's designed to show quick results after only one month," said Dave Krainiak, with the local IMPACT program. "It is also great for high school athletes incorporating a long-term fitness and conditioning program to help build endurance and strength for interscholastic sports and club teams."

The co-ed IMPACT workout program is three days a week, for 55 minutes per session, and includes a warm up; strength, agility and quickness segment; strength training; cardio and flexibility training all in one intense session. It was developed in California, the fitness capital of the West Coast, by the founder of the National Exercise Sports Trainers Association Dr. John Spencer Ellis. However Dave Krainiak thought the program would be a perfect fit for the fitness enthusiasts in Michigan and launched the program in Bloomfield Hills.

"We have great fitness enthusiasts here in Oakland County that always want to try out the hottest exercise program that really delivers results," Krainiak said. "Our IMPACT workouts are intense, but can be easily adapted to the skill level of nearly any bootcamp participants."

The entire IMPACT fitness program was developed to be a lifestyle commitment and includes a comprehensive nutritional seminar, fitness assessment, weekly weigh-ins, photos, food log feedback and 12 monthly repowering newsletters in addition to the fitness routine.

The new small-group fast-track IMPACT program kicks off in December at Bloomfield Gymnastics at 2124 Franklin Road in Bloomfield Hills. Participants participate three days a week and session times are conveniently set for 9:00 a.m., 4:00 p.m., 6:00 p.m. and 7:15 p.m. The cost for the new program, with all of the added extra features, is only \$240 per month, or as low as \$20 per session.

"You will see great results and truly feel better in the New Year by participating in the innovative IMPACT program," Krainiak added.

For more information on IMPACT, or to check out the schedule and reserve one of the limited slots currently available, visit them online at <http://www.advancedimpacttraining.com> or call 313-247-8533.

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