

50% off 50% off 50% off

Commit to Fitness in 2010 and get 50% off regular price of \$50.00 for a Personal Training Consultation with an LdC Certified Personal Trainer.

Whether you want to lose weight, build muscle, or develop endurance, a Personal Training Consultation can put you on the safest and most direct path to success. Consultation includes initial assessment, weekly workout routine, and daily meal plans designed especially for YOUR ultimate goal.



LdC TRAINING
Leadership, Dedication, Commitment

Oak Hills, CA
www.LdCTraining.org
(760) 224-6115

Coupon expires 5/1/2010. Not redeemable for cash.