



TRAINING

LEADERSHIP - DEDICATION - COMMITMENT

The following programs are offered by LDC Training to help get (and keep) you on track to a healthier and more-fit lifestyle. Whether you're just starting out, preparing for competition, or bridging the gap of our Park and Rec programs, we'll be there with you to reach all of your fitness goals.

Private Fitness Bootcamp – Very similar to the program offered through the park and recreation department except that this program is all about YOUR group. You bring together 14 of YOUR friends, family, and co-workers to participate and workout at the location of YOUR choice on the days and times that best suit YOUR schedule. Class is held 1.5 hours, twice per week, for seven weeks. We will custom-design a program for YOUR group focusing on Nutrition, Cardio, and Endurance training.

Cost is approximately \$79 per person.

1-on-1 Personal Training – The most exclusive training available. You will meet with your own personal trainer who will focus entirely on YOU. One-hour sessions are scheduled according to your preference and convenience with discounts given for blocks of 10 or more pre-paid sessions. Whether you meet with your trainer bi-weekly or once per month, he/she will guide you toward reaching your fitness goal utilizing the most effective tools and techniques available.

Hourly fees start at \$50

Corporate Fitness – Offered to large businesses to help promote health and fitness throughout an organization. LDC Training will design a fitness challenge to be presented to staff members who will take part in a multi-team challenge. Similar to a 'Biggest Loser' production but giving equal attention to Nutrition, Cardio, and Resistance training. Corporate Fitness not only promotes fitness but is a fun and effective means of developing camaraderie and fellowship among co-workers.

Rates are determined by contract.

Personal Fitness Assessment – Introductory session where your trainer will meet with you, take your measurements, test your physical agility, and prescribe a program which incorporates Nutrition, Cardio, and Resistance exercise to help you meet your fitness goals.

\$50.00 per person

If you're interested in learning more about any of the above programs, please feel free to contact me by phone or email. Until then, take care and be healthy.

Sincerely,

Lori Cooper, President

LDC Training

(760) 224-6115

www.LDCTraining.org