

SEASONAL COUPON

Summer 2010

50% off Personal Fitness Training

Get extra attention and fine-tune your fitness program with One-on-One Personal Training.

Book now and get 50% off your Initial Consultation. Includes comprehensive fitness assessment, personalized nutrition program, customized workout routine, and intensive plan to help you reach your ultimate goal.

(A \$50.00 value for just \$25.00. Expire 9/6/10.)



LDC TRAINING