



GAZELLES PERSONAL TRAINING 2010

Gilbert Tuhabonye and Bernard Manirakiza, two former NCAA All-Americans, and Michael Madison – former NCAA sprinter - bring their successful running careers, proven training methods and inspirational life experiences to offer one-of-a-kind coaching and personal motivation straight to you. The trio combines the joy of running, a love for life and state-of-the-art coaching techniques in an educational and inspiring format that has grown into one of the most popular training programs in Central Texas. Whether you're looking to get back into running after a long lay-off, fine tune your skills, or simply want to find the joy in running we're here for you!



Let us help you achieve your fitness goals in 2010!



Highlights:

- How to properly warm up and stretch
- Running form technique and training philosophy
- Nutrition and dietary instructions
- Tips on proper running shoes and other gear
- Strength training and injury prevention
- Running with joy
- How to prepare for your next race

Coaches:

- Gilbert Tuhabonye
- Bernard Manirakiza
- Michael Madison

Cost:

- \$75-\$175/hour, depending on the specific coach desired
- Personal Training is based on availability and is by appointment only

Contact Information: Michael Madison – 512.589.1310 – michael@gilbertsgazelles.com

www.gilbertsgazelles.com – Run With Joy!