



2010 CORPORATE CLINIC TRAINING

Gilbert Tuhabonye, a former NCAA All-American, brings his successful running career, proven training methods and inspirational life experiences to offer one-of-a-kind coaching and personal motivation to your employees. Through individual attention and group training, Gilbert and his team of assistants combine 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.

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



Let us help your team get in shape in 2010!

Corporate Packages

Gazelle - \$750

- A comprehensive 75 minute coaching session with Gilbert Tuhabonye for up to 150 people
- Overview of the highlights noted above
- Take home training tips
- Sample one-month training schedule
- Access to online video form instruction
- Gift certificate for one (1) free session with Gilbert's Gazelles at Lady Bird Lake location

Lion - \$1750

- All of the benefits provided in the Gazelle Package plus:
 - Two (2) additional 75 minutes sessions with Gilbert and/or Gilbert's training staff
 - All sessions to be spread out over 4-6 weeks with up to 150 employees per session



Custom – Price TBD

We are happy to work with your company to design a customized program for your group