

# L Train Cycling Studio & Daria Ventura Nutrition

have joined forces to bring you

## The 30-Day REvolution Program



- Reboot your health and wellness
- Increase strength, cardiovascular fitness and endurance
- Build muscle and burn fat
- Improve your diet and boost metabolism
- Make new friends!

### THE PROGRAM (\$320\*)

- **Runs from October 7 - November 5**
- Participants must commit to a minimum of 3 (50-minute) spin classes each week
- 1 (30-minute) weekly nutrition and goal setting session  
Topics will include:
  - Building balanced meals
  - Snacking smarter before and after working out
  - Eating healthy when dining out
  - Eating more mindfully

\* All registrants will receive a 20% discount on a future 60-minute nutrition consultation with Daria Ventura MS, RD, CDN and 20% off your next L Train unlimited package, if purchased before the end of the program.

For more information or to register for the program, email [Laurie@Ltrainfit.com](mailto:Laurie@Ltrainfit.com) or visit [www.Ltrainfit.com](http://www.Ltrainfit.com).



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