

## PRE-SEASON TRAINING PACKAGE THE SOLUTION TO PRE-SEASON TRAINING

La Mon can offer your club a unique opportunity to use our luxurious facilities as a base for pre-season training. We can offer you an intense group spin class in our new exercise studio, ideal for burning some of the extra pounds gained since the end of last season. After your session why not eat together in the comfort of La Mon? We offer a healthy eating selection of food high in both carbs and protein. All benefits to give your players an extra edge and improved performance throughout the season.

### OPTION 1 PRE-SEASON SPINNING: TOTAL OF £50 PER GROUP

1 Team Spin Class with qualified instructor

Use of our Premier facilities including 15m Swimming Pool, Sauna & Steam Room

Maximum of 13 Team Members

Coach or Manager Complimentary Use of Country Club & 2 Day passes for the Country Club

Team Tactic Room with Data Projector & Flip Charts and Healthy Option Meal An Additional £8 Per Team Member

**Terms & Conditions Apply**

### OPTION 2 PRE-SEASON SPINNING: TOTAL OF £70 PER GROUP

2 Spin Classes with qualified instructor

Use of our Premier facilities including 15m Swimming Pool, Sauna & Steam Room

Ideal for 28 players (Maximum of 26 Persons Required)

Organiser to receive 2 day passes for the Country Club.

Team Tactic Room with Data Projector & Flip Charts & Healthy Meal Option Additional £8 Per Person

**Terms & Conditions Apply**

### SAMPLE MENU'S:

Pasta Bolognese, Served with Salad, Fresh Breads, Yogurts, Fresh Fruit & Mineral Water

Chicken & Mediterranean Pasta Served with Salad, Fresh Breads, Yogurts, Fresh Fruit & Mineral Water

Mediterranean Pasta with Roasted Vegetables Served with Salad, Fresh Breads, Yogurts, Fresh Fruit & Mineral Water

Stir-fry Vegetables and a Turkey Twist Served with Boiled Rice, Served with Salad, Fresh Breads, Yogurts, Fresh Fruit & Mineral Water

### PHYSIOLOGICAL BENEFITS

- **Fat Burning:**

1 hour spin class you have the potential to burn upwards of 1,200 calories.

- **Increases Leg Strength:**

Cycling utilizes the body's largest muscle groups: glutes, quadriceps and hamstrings.

- **Reduces Risk of Injury:**

This non-load bearing cardio exercise takes pressure is taken off your joints.

- **Flexibility Training:**

Developmental stretches are incorporated to help prevent the onset of injury

### PSYCHOLOGICAL BENEFITS

- **Team Building:**

Build cohesion among your players with high intensity action & a fun experience

- **Investing:**

The club is willing to invest in the players showing them that they are part of something special.

- **Bonding:**

Follow up spin with some rehab & relaxation in our luxurious pool, Sauna, Jacuzzi & Steam Room.

### TEAMS THAT HAVE ENJOYED LA MON'S PREMIER SPORTING HOSPITALITY

Biarritz Rugby Team

Under 19 English Football Team

Muster Rugby Team

American Girls National Football Team

Leinster Rugby Team

Under 23's Scottish Football Team

Ospreys Rugby Team

Glasgow Warriors

Irish Cricket Team

Under 19 Rugby World Cup Teams

PREFERRED HOSPITALITY VENUE FOR ULSTER RUGBY CLUB