

Business Connection



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Business Spotlight

D1 Training fitness facility comes to Pleasanton

*Athletic-based training for all ages
now open on Rosewood Drive*

D1 Training, a leading fitness concept utilizing the five core tenets of athletic-based training, has opened a new location in Pleasanton and two other facilities in San Ramon and Dublin as well. The group fitness facility employs a sports-science backed training regimen led by certified trainers to help people of all ages achieve their sport and fitness goals.

D1 offers four age-based programs for ages 7-11, 12-14, 15-18, and adult. Each group workout is based on five athletic-based tenets: dynamic warm-up, performance, strength program, core and conditioning, and cool down. The facility also offers one-on-one training.

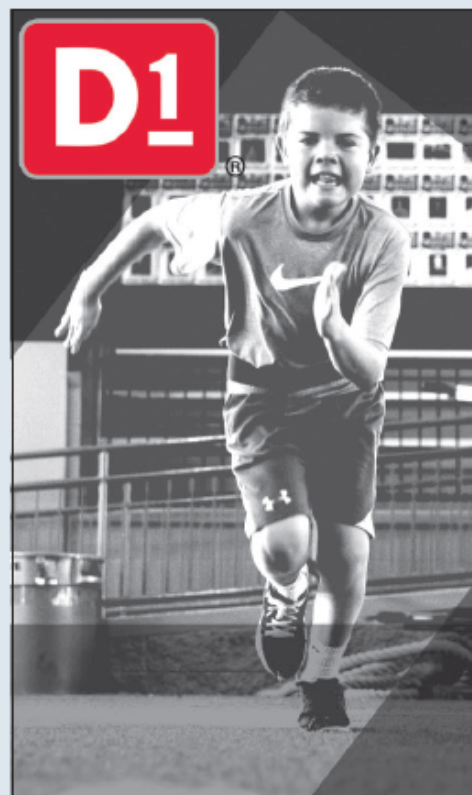
Sanjay Sharma, originally from the IT industry, launched Pleasanton's D1 Training. Sharma grew interested in fitness a few years ago when he had trouble keeping up with his children while playing. They encouraged him to lose weight, and over the next three years, Sharma ran 49 marathons.

"If I can make my life better and

healthy through exercise, then I can help kids learn how to implement a healthy lifestyle from day one," Sharma said in a statement. "When I found D1 Training, I realized I aligned with their core values and was attracted to the idea of helping kids train so they could achieve their goals. I have never seen a facility with that option before. D1 Training will elevate the Pleasanton community with proper athletic based training for all ages and support a healthy lifestyle for kids and adults alike."

Sharma joins a roster of impressive existing franchisees and owners, some of which include professional athletes such as Super Bowl MVP Peyton Manning, Von Miller, Tim Tebow, Michael Oher, Chris Paul, LaDainian Tomlinson, Jason Witten, Philip Rivers, Jacob Hester, Randall Cobb, Tre Boston, Jason Hills, Sammy Watkins and Jaylen Watkins.

D1 Training is located at 4299 Rosewood Drive, #100 in Pleasanton. Learn more at www.d1training.com/pleasanton.



At D1, we're dedicated to helping you achieve your optimal self through targeted workouts, designed by a national training panel with sports science backing. We're locally owned and operated and our services are backed by a national training facility provider with over 20 years of industry-leading experience.