

WEEKEND WORKOUT FORUM

PERSONAL TRAINING SERIES

AUGUST

LINCOLN PARK ATHLETIC CLUB

Saturday, August 4

Glute Training

Trainer Jeff Kurysz

9:00am–10:00am

Learn the best exercises and proper form that you should be doing to build stronger and more powerful glutes.

Saturday, August 18

No Weights, No Problem

Trainer Gina Melchiorri

9:00am–10:00am

Use your own body-weight to get a HIIT workout in. Whether you can't get to the gym because of the weather, you're traveling and the hotel gym is rusty, or you just want to see what your own body-weight can do for you, this workout is right for you.

Bring a guest for free

1 DAY GUEST PASS

Present this flyer and use as a one day guest pass. Photo ID required. Redeemable at any CAC location. Valid for first-time, local-guests only. One time use. Club rules apply. Expires 8/31/2018.

LPAC | 1019 W. DIVERSEY PKWY | 773.529.2022

ChicagoAthleticClubs.com

JOIN US ON

