

WEEKEND WORKOUT FORUM

PERSONAL TRAINING SERIES

AUGUST

LINCOLN SQUARE ATHLETIC CLUB

Saturday, August 4

The Only 5 Exercises You'll Ever Need

Trainer Andrew Leonard

10:00am–11:00am

Strength training does not have to be complicated. Come to Andrew's Weekend Workout Forum to learn the only 5 exercises you really need to obtain awesome results.

Saturday, August 18

Three 15-minute Workouts

Trainer Nikki Veit

10:00am–11:00am

Transitioning out of summer-mode is tough for everyone—often times the first thing to slip is the weekly exercise routine. However, everyone has 15 minutes to do an efficient, heart-pumping, full-body workout! Come ready to move fast and breathe hard as we breakdown 3 effective workouts to do at the gym.

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.

LSAC | 4662 N. LINCOLN AVENUE | 773.529.2023

ChicagoAthleticClubs.com

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