

WEEKEND WORKOUT FORUM

PERSONAL TRAINING SERIES

AUGUST

WEST LOOP ATHLETIC CLUB

Saturday, August 4

Strength and Power Development

Trainer **Bill Holland**

10:00am–11:00am

Learn how using dumbbells can help increase both your strength and power.

Saturday, August 18

Sports Nutrition

Trainer **Stephanie Fiorentino**

10:00am–11:00am

Are you fueling your body properly before and after workouts? Join our Registered Dietitian for a discussion on carbs, protein, and building a healthful diet that supports an active lifestyle.

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.

WAC | 1380 W. RANDOLPH STREET | 312.850.4667

ChicagoAthleticClubs.com

JOIN US ON

