

# WEEKEND WORKOUT FORUM

PERSONAL TRAINING SERIES

# AUGUST

## WICKER PARK ATHLETIC CLUB

### Saturday, August 4

#### Push-n-Pull

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Trainer Jose Chavez

9:00am–10:00am

Join Jose through a series of exercises that will test your push/pull strength and build your knowledge on how to properly train your body to achieve results.

### Saturday, August 18

#### Ab-tastic August

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Trainer Maggie Priore

9:00am–10:00am

Learn killer core exercises to keep your ab game tight for the rest of summer and long after!

Bring a guest for free

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## 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.

WPAC | 1635 W. DIVISION STREET | 312.850.4668

ChicagoAthleticClubs.com

JOIN US ON

