

WEEKEND WORKOUT FORUM

PERSONAL TRAINING SERIES

AUGUST

WEBSTER PLACE ATHLETIC CLUB

Sunday, August 5

Improving Mobility and ROM

Trainer Hannah Lee

9:30am–10:30am

Come learn how improving your mobility and range of motion (ROM) can increase your balance, coordination, and reduce risk for injury!

Sunday, August 19

Weight Training for Runners

Trainer Nick Savin

9:30am–10:30am

Add strength, power, and coordination to your runs. Learn how to reduce your risk of injury, improve your race time, and run better. Not a runner? This workshop is still for you! Learn new ways to add variety to your workouts, and improve your posture and quality of life.

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 | 1455 W WEBSTER AVENUE | 312.850.9491

ChicagoAthleticClubs.com

JOIN US ON

