

WEEKEND WORKOUT FORUM

NOVEMBER



BUCKTOWN ATHLETIC CLUB

COMPLIMENTARY
PERSONAL TRAINING SERIES

Saturday, November 3

Boot Camp Conditioning

Trainer Steven Evans

10:00am-11:00am

Turf Area Downstairs

Get ready for this next level training that will push your limits. This military-inspired circuit workout commands power, strength and agility. You'll lunge, crunch, and box your way to a full body workout.

Saturday, November 17

Weightlifting for Women

Trainer Bria Santiago

10:00am-11:00am

Turf Area Downstairs

In this forum, we will discuss the benefits of weight lifting for women and how to safely begin lifting. You'll walk away with exercises that are essential to sculpting your physique.