

# WEEKEND WORKOUT FORUM

NOVEMBER



EVANSTON ATHLETIC CLUB

COMPLIMENTARY  
PERSONAL TRAINING SERIES

*Saturday, November 3*

## **How strength training helps in weight loss**

**Trainer Michael Walver**

**12:00pm-12:30pm**

3rd Floor

*Cardio can only take you so far  
in a weight loss journey. To really  
lose weight, add strength  
training and be wowed by your  
results.*

*Saturday, November 17*

## **Lower Back Health**

**Trainer Michael Walver**

**12:00pm-12:30pm**

3rd Floor

*In this session, you'll learn  
foundational movements and  
stability exercises to protect  
your lower back from injury.*

