

# WEEKEND WORKOUT FORUM

## DECEMBER



LINCOLN PARK ATHLETIC CLUB

COMPLIMENTARY  
PERSONAL TRAINING SERIES

*Saturday, December 1st*

## Major Muscle Groups

**Trainer Michael Spencer**

**9:00am-10:00am**

Training Floor

*This workout will focus on the chest, back, and legs incorporating compound movements so you get the most out of your workout.*

*Saturday, December 15th*

## HIIT Fat Burner

**Trainer Michael Spencer**

**9:00am-10:00am**

Training Floor

*Let's combat those holiday parties and meals with a high intensity circuit training workout.*