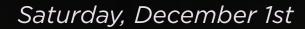
WEEKEND WORKOUT FORUM

DECEMBER

LINCOLN PARK ATHLETIC CLUB

COMPLIMENTARY
PERSONAL TRAINING SERIES



Major Muscle Groups

Trainer Michael Spencer 9:00am-10:00am

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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.

