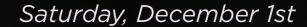
## WEEKEND WORKOUT FORUM

**DECEMBER** 



COMPLIMENTARY
PERSONAL TRAINING SERIES



## Drills for Running Trainer Egle Staisiunaite 10:00am-11:00am

Turf Area

Join LSAC trainer Egle to learn how you can improve your running mechanics in the gym through exercise and specific drills.

Saturday, December 15th

## Kettlebell Swings Trainer Andrew Leonard

10:00am-11:00am

Turf Area

Learn how to perform one of the best exercises in the gym, the kettlebell swing! Join LSAC trainer Andrew L for an in-depth workshop to safely and correctly use this great exercise.

