

WEEKEND WORKOUT FORUM

DECEMBER



LINCOLN SQUARE ATHLETIC CLUB

COMPLIMENTARY
PERSONAL TRAINING SERIES

Saturday, December 1st

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.

