

WEEKEND WORKOUT FORUM

DECEMBER



LAKEVIEW ATHLETIC CLUB

COMPLIMENTARY
PERSONAL TRAINING SERIES

Saturday, December 1st

Perfect Push Up

Trainer Keith

12:00pm–1:00pm

Training Floor

Push-ups—we've all done 'em, but sometimes they just don't look so pretty. Come learn a few details that will help you get the most benefit from one of the most effective body weight exercises.

Saturday, December 15th

Winter Wonderland

Trainer Jesse

12:00pm–1:00pm

Training Floor

Develop muscle and balance at the same time. Nothing is more important to life than balance. But we can build that and muscle in the same work out.