

WEEKEND WORKOUT FORUM

DECEMBER



WEST LOOP ATHLETIC CLUB

COMPLIMENTARY
PERSONAL TRAINING SERIES

Saturday, December 1st

HIIT Training

Trainer Bill Holland

10:00am–11:00am

Training Floor

HIIT is the perfect work out solution for your busy life! In this workout you'll get a high intensity total body circuit training session. It's be quick, fun and effective!

Saturday, December 15th

Kettlebell Training

Trainer Bill Holland

10:00am–11:00am

Training Floor

Learn the basics of Kettlebell training and how you can incorporate it into your current routine.

