

WEEKEND WORKOUT FORUM

DECEMBER



WICKER PARK ATHLETIC CLUB

COMPLIMENTARY
PERSONAL TRAINING SERIES

Saturday, December 1st

Turkish Get Up

Trainer Nick Eliopoulos

10:00am

Turf

Are you hinging or squatting? Not sure if your knees are where they are supposed to be? What's the difference between a kettlebell squats and kettlebell swing? Come to learn the proper kettlebell techniques with squats, swings, and fundamentals of the Turkish get up with trainer Nick Eliopoulos.

Saturday, December 15th

Holiday Season HIIT

Trainer Will Reeves

9:00am

Treadmills

HIIT Training with an emphasis on running, specifically targeted toward metabolic training. A specific training method based on Martin Rooney and his training for warriors movement. Last Set. Best Set!