

Louisiana Athletic Club



August Sales Special

FREE WEEK PASS FOR GUESTS'

Members bring a guest in for a week for
FREE. Half off enrollment fee if they join!



Iron Class

Want to burn more calories than just cardio alone??

- Scared to use the weight equipment?
- Don't know how to properly use free-weights?
 - Learn proper technique and form!
- Learn how to make a workout using the weights!

One week class starting July 31st

Monday, Wednesday & Thursday at Noon or 6pm

All of this for just \$30.00! So pick up those weights!

**For Questions: Contact Dylon Draper at
318.955.0536**



STRONG with Mitzi BOOTCAMP

Tuesday, August 1st-September 7th

5:45am-6:30am

Tuesdays and Thursdays

\$200 members/\$250 non-members

LAC-Alexandria



Sweat Camp

August 7th – September 7th

Mondays, Wednesdays & Thursdays at

6pm-6:30pm

Members \$150/Nonmembers \$200

For Questions: Contact Dylan Draper at 318.955.0536

LAC Kid's Camp

When: August 7th-11th

Time: 7:30am – 4:30pm

Cost: \$ 115 members/ \$ 135 non-members

Deposit of \$25 is required
to reserve placement.

Member Appreciation Day

thank
you!

Thursday, August 24th

Enjoy healthy refreshments throughout the day. Bring a
guest FREE for the day.



Holiday Club Hours:

LAC-Alexandria

Monday, September 4th~

4:30am-2pm

LAC-Pineville

5am-2pm



Massage Therapy is available at the LAC-Pineville location.

Call Jessica at 318.481.1673 or Misty at 318.451.0551 for your appointment

THE 30 DAY
CHALLENGE

Holiday Ready – 30 DAY CHALLENGE

September 11th – October 11th 2017

- Weigh in @ 5:30pm on the 11th
 - Offering 5-7 workouts per week
 - Meal Plan by Dylon Draper
 - Weekly challenges
 - 2 overall winners
(2- 6 month membership prizes)
- Highest % lost & Most inches lost
- \$650 value, PRICE \$ 225