



July Sales Special ~

**ZERO ENROLLMENT WITH A
12 MONTH AGREEMENT**



Move. Laugh. Connect...

Extending the Functional Years

(MLC) is an exercise program designed to reconnect people, and improve their daily function and overall well-being. This program is appropriate for most everyone, especially older adults. Those with movement disorders or

challenged by other health conditions will find it especially helpful. Class will be on Tuesdays & Thursdays in the Group Fitness Studio. Class is free to LAC members. Please see the front desk for more information.



Alexandria Holiday Club Hours:

Monday, July 3rd ~4:30am-8pm

Closed Independence Day ~Tuesday, July 4th

Pineville Holiday Club Hours:

Monday, July 3rd ~5am-8pm

Closed Independence Day ~Tuesday, July 4th

LAC Kid's Camp

When: July 10th-14th and August 7th-11th

Time: 7:30am – 4:30pm

Cost: \$ 115 members/ \$ 135 non-members each week. Deposit of \$25 is required to reserve placement.



**With certified TRX trainer Brandi Bell
July 11th-August 4th**

11am TRX EXPRESS●\$100

11:30am TRX BOOTCAMP●\$125

**July 11th BAM BOOTCAMP
Tuesdays & Thursdays at 5am
6 week session**



LAC's group fitness instructor, Rebekah, is running as a *St. Jude Hero* in the St. Jude Marathon Weekend in December! She will be teaching a *benefit* R.I.P.P.E.D. class to help her reach her \$2,500 fundraising goal!

When: Saturday, July 15th at 9:00 am

Where: Basketball Court

Cost: \$5 for members, \$10 for nonmembers



**Massage Therapy is available at the LAC-
Pineville location.**

**Call Jessica at 318.481.1673 or Misty at
318.451.0551 for your appointment**



Coming in September