

Louisiana Athletic Club



June, July, and August
Single \$197
Couple \$281
Family \$334

**SUMMER MEMBERSHIP FOR CENLA SCHOOL EMPLOYEES:
INCLUDES RAPIDES, GRANT AND AVOYELLES PUBLIC, PAROCHIAL AND
PRIVATE SCHOOLS**

All for One Low Summer Price~

June, July, & August

\$140 plus tax~ Single ~ Save \$92

\$220 plus tax~ Couple ~ Save \$96

\$260 plus tax~ Family~ Save \$110

HAPPY FATHER'S DAY

June 17th & 18th, Saturday & Sunday

Celebrate Father's Day with fitness • Dads & Children
(of all ages) workout together for FREE



Tuesday, June 27th

LAC HEALTH & WELLNESS EXPO

9:00am-1:00pm

Over 35 exhibitors from the CenLA area will be offering screenings and educational materials in all aspects of health and wellness. Guests workout for FREE! If you choose to enroll that day, you will receive \$0 enrollment with a 12-month agreement



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**



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 a.m.

Where: Group Fitness Room or 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

LAC members receive 20% off.

Gift certificates available at both locations