



**LADIES  
WHO  
LIFT**  
**BY LEAH**

**ARE YOU JUST DOING CARDIO AND WANT  
TO LEARN MORE ABOUT WEIGHT  
TRAINING? THIS IS FOR YOU!**

**4 SATURDAYS,  
MARCH 3, 10, 17, 24 @ 10 A.M.  
LAC-ALEXANDRIA**

**\$40 MEMBERS**

**\$50 NON-MEMBERS**

*Louisiana  
Athletic Club*