

*Louisiana*  
*Athletic Club*

**COMMIT TO BE FIT**

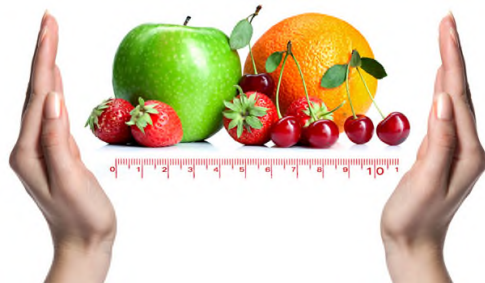
**OCTOBER**



**OCTOBER 1<sup>st</sup>-31<sup>st</sup>**

**LAC NEW PJ'S DRIVE FOR FOSTER  
CHILDREN IN CENLA**

**PLEASE HELP LAC WITH NEW PAJAMAS FOR LOCAL  
CHILDREN. DROP YOUR DONATIONS  
AT THE FRONT DESK**



Ready to get your nutrition on track?

LAC welcomes Katie Wehmeier, registered Dietitian. Call 314-630-5005 for more information and to make your appointment.

**Tuesday, October 3<sup>rd</sup> BAM BOOTCAMP**  
**Tuesdays & Thursdays 5am for 45 minutes**



**Tuesday, October 24<sup>th</sup>**

**Member Appreciation Day**

Enjoy healthy refreshments throughout the day.

Bring a guest FREE for the day.



**Saturday, October 28<sup>th</sup>**

**2<sup>nd</sup> Annual Cabrini Trick or Trunk  
Registration forms in LAC-P lobby**



**Located in St. Frances Cabrini Women's  
and Children's Hospital.**

**Spa services available with our Licensed Massage Therapists  
and Esthetician, offering LAC members 20% off.**

**Call 318.466.6177 for your appointment.**

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

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



**Saturday, November 4<sup>th</sup>**  
Diabetes Mini Bootcamp  
9am-11am at LAC-Pineville  
Children, adolescents and their  
parents are welcome to attend!  
More information coming soon