

Louisiana
Athletic Club

**REAL FITNESS FOR
REAL PEOPLE**



**Thought of the month:
“A good plan today is better than a
perfect plan tomorrow”.**



**FEBRUARY 2012
UPCOMING EVENTS~**

February 1st – 15th

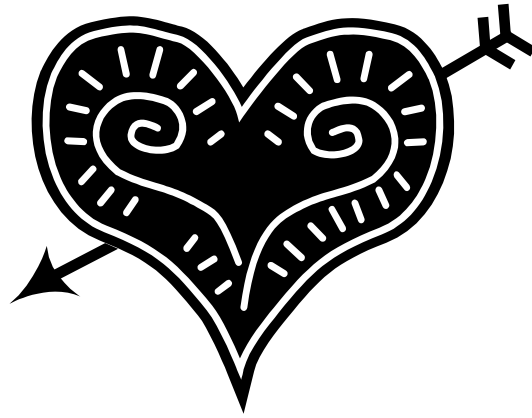
Donate \$8.00 to AHA for a “Learn & Live Heart” and receive 1 guest pass. Pass is good for one visit during the month of February.



**It's not too late to join the
LAC Chair Aerobic Class.
Class meets every Monday
& Wednesday in the
education room.**

**Tuesday, February 14th
Couch to 5k Training**
6 week training designed to prepare you

for the Annual LAC 5k on March 31st.
More information at the front desk.



**Tuesday, February 14th ~
Happy Valentine's Day**

Don't forget your sweetie.

How about getting a gift certificate for membership, personal training, or a massage! Massages will 20% off for February.



**Tuesday, February 14th ~
Member Appreciation Day**

Enjoy sweet snacks in the lobby.

Bring a guest **FREE** for the day!

Pool Parties at LAC

Do you have a child that has a winter birthday and has never had the chance to have a swim party?

LAC offers Pool Parties!!!

Call Calleen @ 487-1000 for more information

Saturday, March 31st

LAC 5k - 1 mile

Run for the Hills

Registration forms online & in
the LAC Lobby.