

Louisiana Athletic Club



1135 Expressway Drive | Pineville, LA 71360 | 318.487.1000 | www.louisianaathleticclub.com

Thought of the month:
Rather than aiming for being perfect, just aim to be little bit better today than you were yesterday.

**JANUARY 2012
UPCOMING EVENTS~
January Sales Special:
January 2nd – 13th
ZERO Enrollment**
with all 12-month agreements.



**January 1st – Club Closed
Happy New Year**

**Monday January 9th~
Burn Fat, Drop Pounds,
Get Healthy with
The LAC Biggest Winner
Contest.**

A NEW YEAR, A NEW YOU!!!
Starts @ 5:45pm in the Education Room. Sign up today. More information at the front desk.



**Tuesday, January 17th ~
Member Appreciation Day**
Enjoy grilled chicken salad with all the fixings. Bring a guest **FREE** for the day!



Start training now...LAC will be hosting our 2nd Annual 5k Run for the Hills on March 31, 2012.

Checkout the new classes...

Group Fitness: Pump-n-Crunch at 4:30pm on Mondays & Jazz Mix at 10am on Thursdays. Indoor Cycling: Cycle-X at 9am on Thursdays. Lap Pool: Aqua Fusion at 8am on Mondays, 5:30pm on Tuesdays & 10am on Wednesdays. Chair Aerobics in the Education Rm at 9am on Mondays & Wednesdays. All new classes are on a trial bases. Class participation will determine if we are able to continue offering that class. Support all new classes!!!

The LAC Biggest Winner Contest goes way beyond helping you look good — It improves your life!

Sure, you can expect to look thinner, get stronger and feel better than ever.

But there's WAY MORE to be gained by losing weight with The Biggest Loser Club.

How about playing with your kids without getting winded, leaving plus sizes behind and shopping in the "regular" section of your favorite store ...walking around the block without a twinge of joint pain...sleeping better and waking up refreshed, sitting in a chair without worry ...the list goes on and on. Over 2200 POUNDS have been lost with the LAC Biggest Winner Contest. Next contest starts **January 9, 2012**. Information posted at the front desk or contact Calleen at 487-1000.

Member of the Month ~Johnny Shaw

I was born in Germany and grew up with a sister. I have been working out at LAC for 4 years. In all my experience, it is great here! I have been in Law Enforcement since 2004 and it has inspired me to get in better shape. My family has encouraged me all the way through. I have lost 38-40lbs. It has benefited my health and the variety of equipment at LAC has actually let me try new ideas in the working out field. My goal is to be as strong as I can be and healthy as I can be which has benefited my home life and my job. I have a beautiful wife and a loving daughter who has enlightened me lose weight and become healthier. I came in as a Chihuahua and left as a bulldog!

General
Manager
Scott Cochran

Operations
Manager
Richard Broadwell

Program
Manager
Calleen Eyre

Facilities
Manager
Robert Lemoine

Fitness
Manager
Ronnie Schwartz