

## Couch to 5k Training...

It's time to get in gear for the LAC Anniversary 5k

- 6 week training (February 14<sup>th</sup>-March 27<sup>th</sup>)
  - Training information and booklet
    - \$85.00 members/  
\$110.00 non members
- Training with Brandi Bell at 5:15am on Tuesdays & Thursdays or training with Jeremy Huffman at 5:30pm on Tuesdays & Thursdays
- For more information please contact Calleen at 487-1000 or sign up at the front desk.

*Louisiana*  
**Athletic Club**

Phone: 31847-1000  
Fax: 318445-5020  
E-mail: calleen.eyre@christushealth.org

