**Work Out with David**

**A series of introductory exercise classes with**

**Personal Trainer David Fairmont**

|  |  |  |
| --- | --- | --- |
| Work out with David | Schedule | |
| January 8 | Step Aerobics |
| Pilates |
| January 15 | Spinning |
| Yoga |
| January 22 | Kickboxing |
| Free weights |
| Space is limited. Please sign up as soon as possible | |

Work Out with David is a series of three classes designed to introduce members to some of the exercise opportunities here at Michigan Avenue Athletic Club.

Each hour-long session focuses on two complementary types of exercise. The first 15 minutes will be spent learning about the exercises, including the equipment that may be involved. The rest of the class includes a warm up, active participation and a cool down.

David Fairmont is our newest personal trainer. He holds a master’s degree in health management from the University of Vermont in Burlington, Vermont, and he is certified in cardiovascular exercise and strength training.

Work Out with David is geared toward those with limited exercise class experience, but all members are welcome to join. There is no fee for participation, but class size is limited. Please see Katie at the front desk to enroll.