

## Work Out with David

A series of introductory exercise classes with  
Personal Trainer David Fairmont

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 exercises.

Schedule		
Work Out with David	January 8	Step Aerobics
		Pilates
	January 15	Spinning
		Yoga
	January 22	Kickboxing
		Free Weights
	Space is limited. Please sign up as soon as possible!	

The first 15 minutes of each class will be spent learning about the exercises, including the equipment that may be involved. The rest of each class includes a warm up, active participation, followed by cool down exercises and stretching.

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

Work Out with David is geared toward those who are new to our exercise class offerings, 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.