Work Out with David

A series of introductory exercise classes with

Personal Trainer David Fairmont

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| Work out withDavid | Schedule |
| January 8 | Step Aerobics |
| Pilates |
| January 15 | Spinning |
| Kickboxing |
| January 22 | Yoga |
| 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.