

LAC STRONG HIIT/JTOWN BARBELL Descriptions : 2020



ALL-ACCESS LAC STRONG MEMBERSHIP:

Includes full Access to private gym (6,000 sf) and elite equipment for \$30/month. Members receive discounted LAC membership OF \$19.99/month. **Total Cost: \$49.99 monthly.**

Jtown Barbell & LAC STRONG HIIT MEMBERSHIP :

Includes full access to private LAC STRONG gym, elite equipment, and all classes for ONLY \$69.99 month. J-town Barbell and LAC STRONG HIIT Members receive discounted LAC membership OF \$19.99/month. **Total Cost: \$89.98 monthly**

Single Session Pricing:

Single session workouts are \$15 each for drop-ins.

How Do I Get Started? Talk to our Membership Director, and AGM, Kelly Tate. You and a friend can try your first class FREE! Contact: 502-753-0999 ktate@athleticclubs.org

LAC STRONG HIIT Coaches: Kate Chawansky & Brad Clark

BARBELL Coaches: Keith Hughes & Brad Clark

WHAT ARE BARBELL CLUB CLASSES? Olympic Lifting conditioning sessions designed to build power & strength and serve as an overall preparation for USAW meets. Personalized instruction will address the biomechanics of the Snatch and the Clean and Jerk. Participants will be coached individually to prepare them to perform with confidence and to advance them at a pace specific to their own experience or skill level.

NO PRIOR LIFTING EXPERIENCE REQUIRED. Classes are tailored to the individual, from the novice to advanced.

WHAT ARE LACSTRONG HIIT CLASSES?

Rotating High Intensity Interval Training workouts. These may have as few as three or up to twenty participants. **NO PRIOR LIFTING EXPERIENCE REQUIRED.** Classes are tailored to the individual participants, from the novice to advanced.

LACSTRONG HIIT Level I: Fitness :

Introductory class to show you foundational lifting movements and exercises. Designed for beginners, these classes help establish a baseline for fitness but can also be challenging to everyone. We recommend attending fitness classes 2-3x/week .

LACSTRONG HIIT Level I: Performance:

New workouts each class! Designed for all levels of physical fitness, everyone can benefit from these. This style of training is recommended to improve overall body performance and conditioning. All ages, skill levels, and fitness levels are welcome. We recommend attending performance classes a minimum of 2x/week.

LACSTRONG HIIT Level I: Competition:

Intermediate class designed for those who enjoy a challenge and want to take their fitness and overall performance to the next level. This class will transform your shape, strength, and flexibility. Experience elite fitness like never before! All workouts are scalable and designed to help you improve at your own pace! Available in private sessions also or by request of the class. Never quit improving!



LACSTRONG

LOUISVILLE ATHLETIC CLUB

