

# NEW ORLEANS ATHLETIC CLUB

## LSU Membership Special!

### Renovations Include:

Heated indoor pool  
40 brand new pieces of equipment!!  
New cardio from Octane, Techno gym,  
Pre Cor and more!  
New strength pieces from Life Fitness,  
Hammer Strength, Rogue, and Troy!

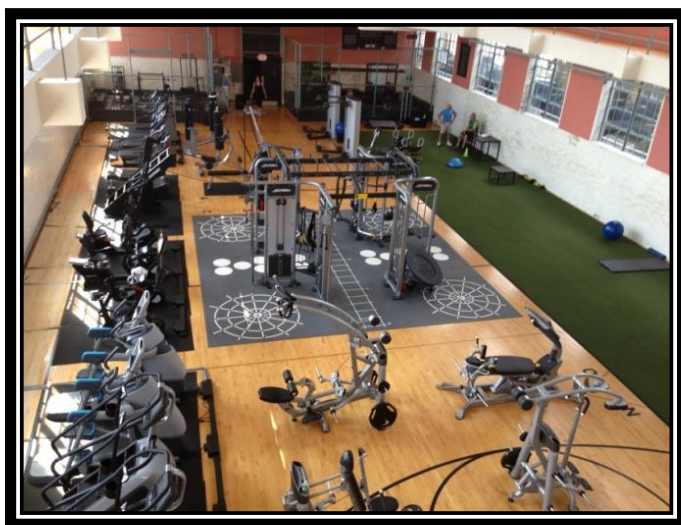
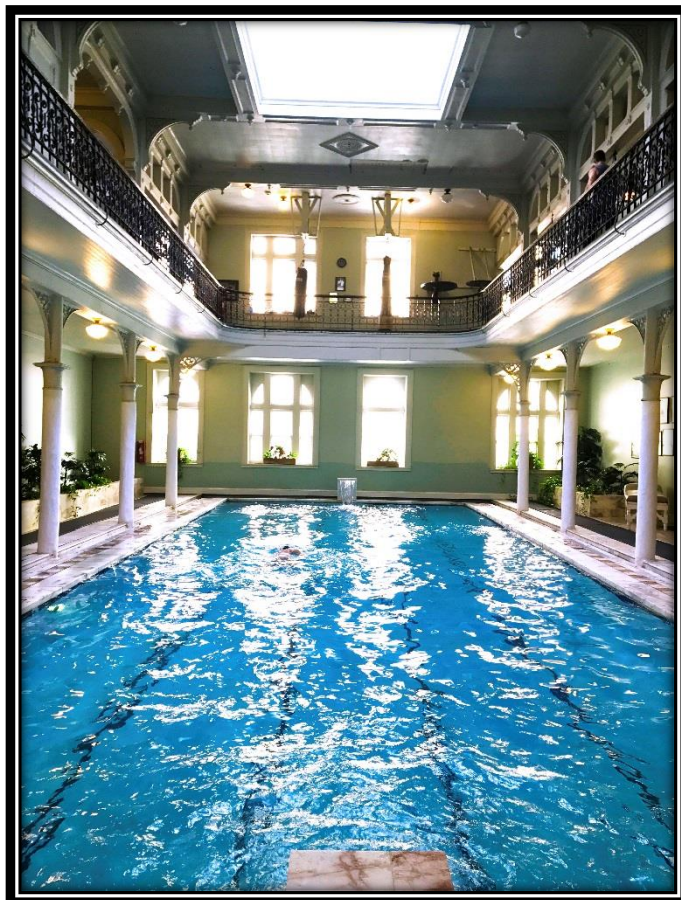
### Amenities:

Complimentary Parking while in the Club  
Personal Trainers Degreed and/or Certified  
Over 58 Complimentary Group Classes  
Men and Women's Sauna and Steam Rooms  
Women's Only Workout Room  
Pilates (private and group)  
Boxing Area and Walking Track  
Dynamax Human Performance Center  
Basketball/Wolleyball/Racquetball Courts  
4 Free Daily Newspapers in the Library  
Wi-fi throughout the Club  
2 Free Weight Rooms  
Spa and Full-Service Bar  
Free Coffee (dark, medium, and decaf)

### Certificates Upon Joining:

Personal Training Session  
Personal Fitness Assessment  
Personal Pilates Session  
20% off Online Pro Shop  
\$10 off 1<sup>st</sup> Spa Service  
Complimentary Drink

**As long as there are 5 current, dues paying, LSU members, you can show a recent LSU pay stub and receive a \$50 initiation fee.**



### Club Hours:

5:30 AM – 9:00 PM (Mon. – Fri.)  
8:00 AM – 6:00PM (Sat. & Sun.)

### Bar Hours:

3:00 PM – 9:00 PM (Mon. – Fri.)  
12:00PM – 6:00PM (Sat.)