

# NEW ORLEANS ATHLETIC CLUB

## LSU Student Membership!

### 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!

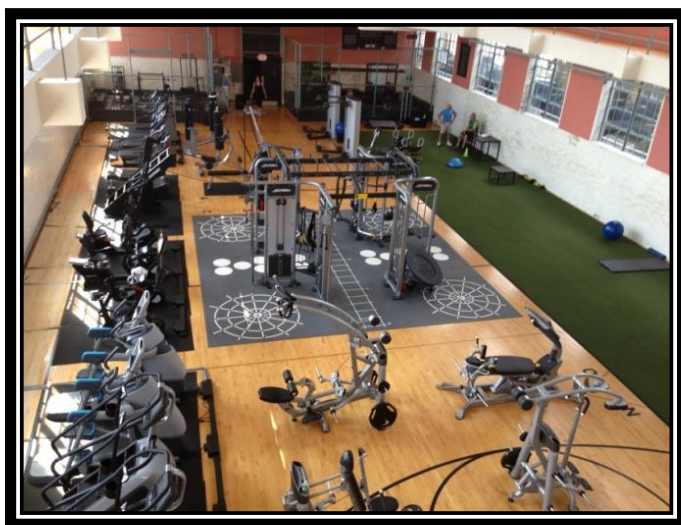
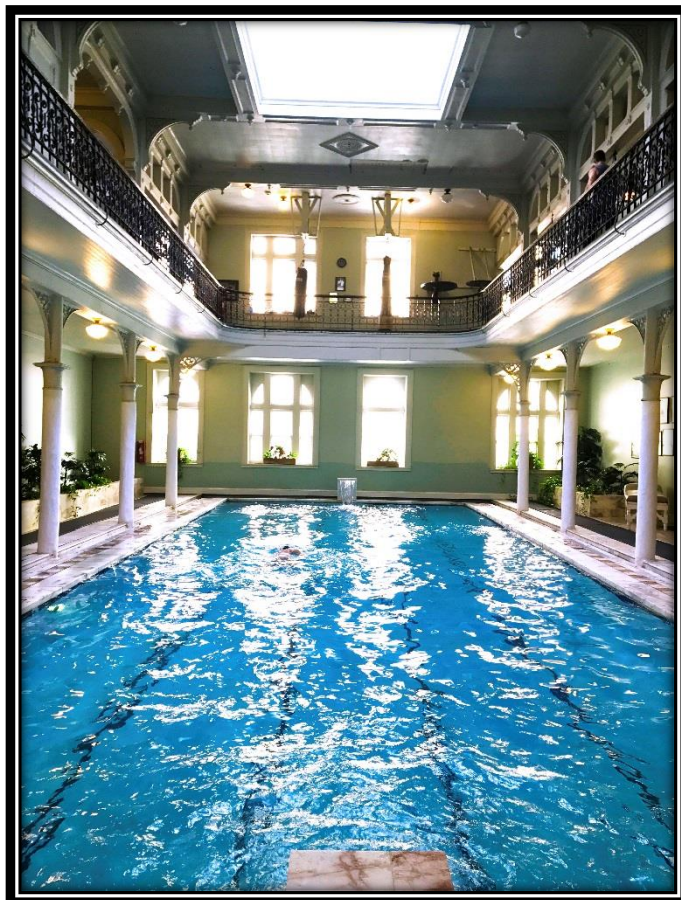
### Amenities:

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

**Student Memberships are available to any student under the age of 27, currently carrying a minimum of 12 hours. A full-time student membership must be substantiated. If substantiation is not provided and maintained, the member will be automatically changed to a regular membership status.**



### Club Hours:

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

### Bar Hours:

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