

Ok, Lose to Win contestants, here is your workout schedule, along with the date of your nutrition lecture. These will also be added to each Club's event calendar on the website. It's go time. Good luck!

East Lakeview:

Nutrition Lecture: Monday 1/23 7:00pm  
Strength/Cardio 1: Tuesdays 6:15am  
Strength/Cardio 2: Thursdays 7:15pm

Gold Coast:

Nutrition Lecture: Monday 1/23 5:30pm  
Strength/Cardio 1: Monday 6:30am  
Strength/Cardio 2: Wednesday 6:30pm

Halsted Street:

Nutrition Lecture: Tuesday 1/31 @ 6pm  
Strength/Cardio schedule:  
Week 1: Monday 1/16 - 6am, Tuesday 1/17 - 7pm, Wednesday 1/18 - 7:30am  
and Friday 1/20 - 8am

Week 2: Monday 1/23 - 6am, Tuesday 1/24 - 7pm, Wednesday 1/25 - 6am,  
Thursday 1/26 - 9am, Friday 1/27 - 6:30am and Saturday 1/28 - 11am

Week 3: Tuesday 1/31 - 11am, Wednesday 2/1 - 7pm

Week 4: Tuesday 2/7 - 7pm, Friday 2/10 - 6:30am and Saturday 2/11 - 11am

Week 5: Tuesday 2/14 - 7pm, Wednesday 2/15 - 6am and  
Saturday 2/18 - 11am

Week 6: Monday 2/20 - 9am, Thursday 2/23 - 7pm

Lincoln Park:

Nutrition Lecture: Thursday 1/26 at 6pm  
Strength/Cardio 1: Monday 6pm  
Strength/Cardio 2: Wednesday 6pm

Oak Park:

Nutrition lecture: Tuesday 1/24 at 7am and 7pm  
Strength/Cardio Group Training:  
Mondays 6pm  
Tuesdays 8am  
Thursdays 6pm  
Fridays 7am

Old Town:

Nutrition Lecture: Tuesday 1/24 at 6pm

Strength/Cardio 1: Monday 6am

Strength/Cardio 2: Wednesday 6am

South Loop:

Nutrition Lecture: Saturday 1/28 at 10am

Strength/Cardio 1: Tuesday 6pm

Strength/Cardio 2: Saturday 11am

Union Station:

Nutrition Lecture: Wednesday 1/25 at 12:30pm

Strength/Cardio 1: Monday 6am

Strength/Cardio 2: Friday 12:30pm

West Loop:

Nutrition Lecture: Tuesday 1/17 at 7pm

Strength/Cardio 1: Tuesday 11:30am

Strength/Cardio 2: Thursday 11:30am

Strength/Cardio 3: Thursday 7:30pm





