

2026

January

FITNESS CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
28 CENTER CLOSED Traditional: 9:15am Contemporary: 9:15am, 10:45am Servicio: 10:45am	29 5:15A FITNESS X 8:15A CARDIO 9:15A LOW IMPACT 9:45A SENIOR FIT 5:30P SPIN 11A- 4P Basketball 5:00P Courts Closed	30 8:15A WEIGHTS 9:15A LOW IMPACT 10:15A ZUMBA 5:30P RUN/LIFT 12:30P-3:30P Pickleball 6:00P Courts Closed	31 5:15A FITNESS X 8:15A TABATA 9:15A LOW IMPACT 9:45A SENIOR FIT 2:00P CENTER CLOSED	1 NEW YEAR'S DAY CENTER CLOSED	2 5:15A FITNESS X 8:15A CARDIO 9:15A HIIT 9:45A SENIOR FIT 10:45A LINE DANCE 10:30A-12:30P Kidz Play 12:30-3:30P Pickleball	3 Courts Closed Upward Basketball
4 CENTER CLOSED Services: 9:15 am, 10:45 am	5 5:15A FITNESS X 8:15A CARDIO 9:15A LOW IMPACT 9:45A SENIOR FIT 5:30P SPIN 11A- 4P Basketball 4:30P Courts Closed	6 8:15A WEIGHTS 9:15A LOW IMPACT 10:15A ZUMBA 5:30P RUN/LIFT 11:30A-2:30P Pickleball 4:30P Courts Closed	7 5:15A FITNESS X 8:15A TABATA 9:15A LOW IMPACT 9:45A SENIOR FIT 3-5P Volleyball 5:00P Courts Closed	8 8:15A WEIGHTS 9:15A STRETCH 10:15A ZUMBA 4:30P STRENGTH& CONDITIONING 11:30A-2:30P Pickleball 4:30P Courts Closed	9 5:15A FITNESS X 8:15A CARDIO 9:15A HIIT 9:45A SENIOR FIT 10:45A LINE DANCE 12- 5P Basketball	10 Courts Closed Upward Basketball
11 CENTER CLOSED Services: 9:15 am, 10:45 am	12 5:15A FITNESS X 8:15A CARDIO 9:15A LOW IMPACT 9:45A SENIOR FIT 5:30P SPIN 11A- 4P Basketball 4:30P Courts Closed	13 8:15A WEIGHTS 9:15A LOW IMPACT 10:15A ZUMBA 5:30P RUN/LIFT 11:30A-2:30P Pickleball 4:30P Courts Closed	14 5:15A FITNESS X 8:15A TABATA 9:15A LOW IMPACT 9:45A SENIOR FIT 3-5P Volleyball 5:00P Courts Closed	15 8:15A WEIGHTS 9:15A STRETCH 10:15A ZUMBA 4:30P STRENGTH& CONDITIONING 11:30A-2:30P Pickleball 4:30P Courts Closed	16 5:15A FITNESS X 8:15A CARDIO 9:15A HIIT 9:45A SENIOR FIT 10:45A LINE DANCE 10:30A-12:30P Kidz Play 12- 5P Basketball	17 Courts Closed Upward Basketball
18 CENTER CLOSED Services: 9:15 am, 10:45 am	19 MLK DAY CENTER CLOSED	20 8:15A WEIGHTS 9:15A LOW IMPACT 10:15A ZUMBA 5:30P RUN/LIFT 11:30A-2:30P Pickleball 4:30P Courts Closed	21 5:15A FITNESS X 8:15A TABATA 9:15A LOW IMPACT 9:45A SENIOR FIT 3-5P Volleyball 5:00P Courts Closed	22 8:15A WEIGHTS 9:15A STRETCH 10:15A ZUMBA 4:30P STRENGTH& CONDITIONING 11:30A-2:30P Pickleball 4:30P Courts Closed	23 5:15A FITNESS X 8:15A CARDIO 9:15A HIIT 9:45A SENIOR FIT 10:45A LINE DANCE 11A- 4P Basketball 4:30P Courts Closed	24 Courts Closed Upward Basketball
25 CENTER CLOSED Services: 9:15 am, 10:45 am	26 5:15A FITNESS X 8:15A CARDIO 9:15A LOW IMPACT 9:45A SENIOR FIT 5:30P SPIN 11A- 4P Basketball 4:30P Courts Closed	27 8:15A WEIGHTS 9:15A LOW IMPACT 10:15A ZUMBA 5:30P RUN/LIFT 11:30A-2:30P Pickleball 4:30P Courts Closed	28 5:15A FITNESS X 8:15A TABATA 9:15A LOW IMPACT 9:45A SENIOR FIT 3-5P Volleyball 5:00P Courts Closed	29 8:15A WEIGHTS 9:15A STRETCH 10:15A ZUMBA 4:30P STRENGTH& CONDITIONING 11:30A-2:30P Pickleball 4:30P Courts Closed	30 5:15A FITNESS X 8:15A CARDIO 9:15A HIIT 9:45A SENIOR FIT 10:45A LINE DANCE 10:30A-12:30P Kidz Play 12- 5P Basketball	31 Courts Closed Upward Basketball

Instructor led group fitness

- **Senior Fit**
A well rounded program created especially for senior citizens consisting of walking, low impact aerobics, chair exercises, bending and stretching to cool down.
- **Fitness X**
This class is a mixture of strength training exercises and cardio movements for optimum body conditioning.
- **Weights**
A class with total body strength training and toning using weight.
- **Strength & Conditioning**
Circuit training, cardio, and body weight exercises, finishing with core training for a complete workout.
- **Low Impact**
Adaptive fitness class offering strength, toning, and light cardio for a full body workout.
- **HIIT**
Involve bursts of high-intensity strength and cardio exercises followed by brief periods of recovery.
- **Tabata**
This class is alternating periods, or intervals, of extreme high-intensity exercise for cardio and strength-based movements for body conditioning.
- **Stretch**
Stretch and mobility-based class that aims to improve functional capacity, recover better, and prevent injury.
- **Line Dance**
Get down with the classics and learn a new step in sync.
- **Zumba**
Dance-based fitness class that incorporates both cardio and resistance training components designed to tone and sculpt the entire body.
- **Spin**
Challenging and fun way to improve cardiovascular fitness and burns lots of calories.
- **Run/Lift**
Training to increase speed and endurance with running and a total body strength training.

HOURS OF OPERATION

MON-THU	5A-7P
FRI	5A-6P
SAT	8A-5P
SUN	CLOSED

Childcare

Let your kids be active too! They will have a blast whether in the Kidz Place, classroom, or gym. Available for children 5th grade & under. Pay per session/child or monthly for unlimited. It's included for members when attending a group fitness class.

MON-SAT	8-10:30A
MON, TUE, THU	4-6:30P

Personal training

With our personal trainers you will get a custom designed program structured to ensure you start strong and get the support and accountability you need to reach your goals. They monitor your progress, offer the motivation you need, and experience to help reach your goals.

Pickup a personal fitness assessment from one of our trainers to get started!

Half Hour \$30 Full Hour \$50

MIKE GOLSON | 337.302.7296

Master's in Education, ACE Certified Personal Trainer, PPP Professional Pickleball Coach, Level 1 USA Track & Field Coach

TRACY PRIMEAUX | 337.526.2959

Bachelor's in Nutrition & Food Science, ACE Certified Personal Trainer, Specializes in Core & Strength Training

LISA LOVETT | 337.794.7814

Bachelor's in Health Promotion, ACE Certified Personal Trainer, Certified Body Pump, Body Step, & Spin Instructor, Specializes in Strength Training

MARY LACOMBE | 337.513.2905

ACE Personal Trainer, ACE Group Trainer, Prenatal & Postnatal Certified, ACE Youth Fitness Certified

Enjoy without a membership

Drop-ins are scheduled times anyone can come "drop in" without a membership. There are designated times for different activities.

Lunch hour drop-ins are Monday through Friday from 11A to 1P, must 18 years or older, and includes the fitness area, track, locker room and showers.

Drop-in and try out a fitness class anytime!

Cash or check only, drop-in fee applies per person. Childcare is not included.

DROP-INS

Basketball

Pickleball

Volleyball

Kidz Play

What's happening at the Center

- Upward Basketball games every Saturday!
- Don't miss our Kidz Play Dates: 2nd, 16th, & 30th

NEW YEAR DEALS

>>> 1 MONTH FREE <<<
WITH ANNUAL PREPAID MEMBERSHIP
\$495.00 Annual Family Membership
+ \$50.00 Annual Maintenance Fee

ANNUAL LOCKER


~~\$30~~ **\$40**

Party with us!

Book your next birthday with us! This will include a private party room and your choice of 2 of our 3 activity areas: Kidz Place, Rock climbing wall, or a Basketball court.

Offered on Saturdays. Limit of 20 kids. Activity areas are not private but are otherwise members only facility. Must book in advance. Based on availability. Ask about the Trinity member's discount!

Call (337)310-8424 or email trinitybirthdayparties@tbcl.org.

 **CONTACT US | 337.310.8424**

 **STAY UP TO DATE**

