










Hours of Operation

Mon - Thurs 5:00 AM - 8:00 PM
Friday 5:00 AM - 5:00 PM
Saturday 8:00 AM - 4:00 PM
Sunday Closed
Front Desk (337)310-8424

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Check out Trinity Baptist Church 	1 5:15am FitnessX 8:15am Cardio 9:15am Low Impact 9:45am Fit Senior 5:30pm Spin All Day Basketball Drop-ins	2 8:15am Weights 9:15am Low Impact 10:00am Zumba 12:30 - 3:30pm Pickleball 5:30pm Strength & Conditioning	3 5:15am FitnessX 8:15am Tabata 9:15am Low Impact 9:45am Fit Senior CLOSED at 3:00 PM	4  CLOSED FOR 4 th July	5 5:15am FitnessX 8:15am Cardio Stations 9:15am HIIT 10:45am Line Dance 3 - 5pm Beginner Pickleball	6 8:15am Instructor's Choice 8am -12pm Pickleball 12 - 4pm Basketball Drop-ins
7 Gym Closed 	8 5:15am FitnessX 8:15am Cardio 9:15am Low Impact 9:45am Fit Senior 5:30pm Spin All Day Basketball Drop-ins	9 8:15am Weights 9:15am Low Impact 10:00am Zumba 12:30 - 3:30pm Pickleball 5:30pm Strength & Conditioning	10 5:15am FitnessX 8:15am Tabata 9:15am Low Impact 9:45am Fit Senior 4:30pm Weights 3-5pm Volleyball Drop-ins	11 8:15am Weights 9:15am Stretch Express 10:00am Zumba 12:30 - 3:30pm Pickleball 4:30pm Run/Lift	12 5:15am FitnessX 8:15am Cardio Stations 9:15am HIIT 9:45am Fit Senior 10:45am Line Dance 3 - 5pm Beginner Pickleball	13 8:15am Instructor's Choice 8am -12pm Pickleball 12 - 4pm Basketball Drop-ins
Courts Close at 4:30pm						
14 Gym Closed 	15 5:15am FitnessX 8:15am Cardio 9:15am Low Impact 9:45am Fit Senior 5:30pm Spin All Day Basketball Drop-ins	16 8:15am Weights 9:15am Low Impact 10:00am Zumba 12:30 - 3:30pm Pickleball 5:30pm Strength & Conditioning	17 5:15am FitnessX 8:15am Tabata 9:15am Low Impact 9:45am Fit Senior 4:30pm Weights 3-5pm Volleyball Drop-ins	18 8:15am Weights 9:15am Stretch Express 10:00am Zumba 12:30 - 3:30pm Pickleball 4:30pm Run/Lift	19 5:15am FitnessX 8:15am Cardio Stations 9:15am HIIT 9:45am Fit Senior 10:45am Line Dance 3 - 5pm Beginner Pickleball	20 8:15am Instructor's Choice Courts Closed Volleyball Games 8-2pm
Courts Close at 4:30pm						
21 Gym Closed 	22 5:15am FitnessX 8:15am Cardio 9:15am Low Impact 9:45am Fit Senior 5:30pm Spin All Day Basketball Drop-ins	23 8:15am Weights 9:15am Low Impact 10:00am Zumba 12:30 - 3:30pm Pickleball 5:30pm Strength & Conditioning	24 5:15am FitnessX 8:15am Tabata 9:15am Low Impact 9:45am Fit Senior 4:30pm Weights 3-5pm Volleyball Drop-ins	25 8:15am Weights 9:15am Stretch Express 10:00am Zumba 12:30 - 3:30pm Pickleball 4:30pm Run/Lift	26 5:15am FitnessX 8:15am Cardio Stations 9:15am HIIT 9:45am Fit Senior 10:45am Line Dance 3 - 5pm Beginner Pickleball	27 8:15am Instructor's Choice 8am -12pm Pickleball 12 - 4pm Basketball Drop-ins
Courts Close at 4:45pm <div>  10:30 AM - \$2:30 PM For kids walking age & up. Entrance Fee </div>						
28 Gym Closed 	29 5:15am FitnessX 9:45am Fit Senior 5:30pm Spin 5-8pm Basketball Drop-ins	30 10:00am Zumba 5:30pm Strength & Conditioning 5-8pm Basketball Drop-ins	31 5:15am FitnessX 9:45am Fit Senior 5-8pm Basketball Drop-ins	<div>  KIDZ PLAY DROP-INS Fridays, 10:30 am - 12:30 pm Open to anyone, \$5 per child cash/check only, Kidz Place only July 5th, 12th, 19th </div> <div> Fit Senior Class is now in the North Venue </div>		
No Morning Childcare & Courts closed 8:00 am to 5:00 pm						



Fit Senior - 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.

Tabata - This class is alternating periods, or intervals, of extreme high-intensity exercise for cardio and strength-based movements for body conditioning.

Weights - This class is total body strength training and toning.

Stretch Express - Stretch and mobility-based class that aims to improve functional capacity, recover better, and prevent injury.

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 cardio vascular fitness and burns lots of calories.

Low Impact - Adaptive fitness class offering strength, toning, and light cardio for a full body workout.

Cardio - Weekly rotational cardio classes including Cardio Jam, Step Aerobics, Kickboxing and Cardio Attack.

HIIT - HIIT workouts involve bursts of high-intensity strength and cardio exercises followed by brief periods of recovery.

Strength & Conditioning - circuit training, cardio and body weight exercises and finishing with core training for a complete workout.

Kettlebell - Combines compound exercises to work multiple muscle groups.

Run/Lift - We will be training to increase our speed and endurance with running and a total body strength training.

Childcare

Monday - Saturday

Monday - Thursday

Friday

8:00 AM - 10:15 AM

4:00 PM - 6:15 PM

3:00 PM - 5:00 PM

Childcare is available for children 5th grade & under.

\$3 for the first child and \$2 for additional children per session (Max is \$9 per session). Unlimited Childcare Fee per month is \$30.

Personal Trainer Information

Our programs are structured to ensure you start strong and get the support and accountability you need to reach your goals. Studies show that 75% of people who exercise on their own are not getting the results they want. Out of the 25% of people who are getting the results they want, *90% of them are working with a Personal Trainer.* You can have your own personal trainer who will create a custom designed program, monitor your progress, and provide you with the accountability you need to reach your goals.

Contact us at (337)310-8424 to get in touch with a personal trainer.

Membership Cancellation

In order to cancel your membership, you must fill out a Cancellation Form 5 business days before the 15th of the month. Failure to follow this procedure may result in being charged for the following month.

If you have any questions, please do not hesitate to reach out to us at (337)310-8424 or bzahm@tbclc.org

Pickleball is a game resembling tennis in which players use paddles to hit a perforated plastic ball over a net.

The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Beginner Pickleball Fridays from 3pm to 5 pm we will have 3 nets set up for beginner players. \$5 drop ins for non-members. (Instructor not included) Childcare offered, members are free, nonmembers see childcare fees above.

 **Call Mike for private pickleball lessons!**
(337)302-7296