



# February 2024

Hours of Operation

Mon - Thurs 5:00 AM - 7:00 PM  
 Friday 5:00 AM - 5:00 PM  
 Saturday 8:00 AM - 4:00 PM  
 Sunday Closed

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 all things fitness



Front Desk (337)310-8424

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Check out Trinity Baptist Church 	<b>Baby Supply Drive</b>  <b>Every donation enters chance to win free pickleball lessons or training session</b>	<div style="background-color: #008080; color: white; border-radius: 50%; padding: 20px; text-align: center;"> <b>Pickleball 2/2, 2/9, 2/16, &amp; 2/23 from 12:30 - 3:30pm!</b> </div>		<b>1</b> 8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:00am <b>Zumba</b> 12:30 to 3:30pm <b>Pickleball</b> 4:30pm <b>Couch-5K</b>	<b>2</b> 5:15am <b>FitnessX</b> 8:15am <b>Cardio Stations</b> 9:15am <b>HIIT</b> 9:15am <b>Mom&amp;Me</b> 9:45am <b>Fit Senior</b> 10:45am <b>Line Dance</b>	<b>3</b> 8:15am <b>Instructor's Choice</b>  <div style="background-color: #ADD8E6; padding: 5px; text-align: center;">             Courts Closed for Upward Games           </div>
<b>4</b> Gym Closed 	<b>5</b> 5:15am <b>FitnessX</b> 8:15am <b>Cardio</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 5:30pm <b>Spin</b>	<b>6</b> 8:15am <b>Weights</b> 9:15am <b>Low Impact</b> 10:00am <b>Zumba</b> 12:30 to 3:30pm <b>Pickleball</b> 5:30pm <b>Strength/Conditioning</b>	<b>7</b> 5:15am <b>FitnessX</b> 8:15am <b>Tabata</b> 9:15am <b>BodyBall</b> 9:45am <b>Fit Senior</b> 4:30pm <b>HIIT</b>	<b>8</b> 8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:00am <b>Zumba</b> 12:30 to 3:30pm <b>Pickleball</b> 4:30pm <b>Couch-5K</b>	<b>9</b> 5:15am <b>FitnessX</b> 8:15am <b>Cardio Stations</b> 9:15am <b>HIIT</b> 9:15am <b>Mom&amp;Me</b> 9:45am <b>Fit Senior</b> 10:45am <b>Line Dance</b>	<b>10</b> 8:15am <b>Instructor's Choice</b>  <div style="background-color: #ADD8E6; padding: 5px; text-align: center;">             Courts Closed for Upward Games           </div>
<b>11</b> Gym Closed 	<b>12</b> 5:15am <b>FitnessX</b> 8:15am <b>Cardio</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 5:30pm <b>Spin</b>	<b>13</b> 8:15am <b>Weights</b> 9:15am <b>Low Impact</b> 10:00am <b>Zumba</b> 12:30 to 3:30pm <b>Pickleball</b> 5:30pm <b>Strength/Conditioning</b>	<b>14</b> 5:15am <b>FitnessX</b> 8:15am <b>Tabata</b> 9:15am <b>Kettlebell</b> 9:45am <b>Fit Senior</b> 4:30pm <b>HIIT</b>	<b>15</b> 8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:00am <b>Zumba</b> 12:30 to 3:30pm <b>Pickleball</b> 4:30pm <b>Couch-5K</b>	<b>16</b> 5:15am <b>FitnessX</b> 8:15am <b>Cardio Stations</b> 9:15am <b>HIIT</b> 9:15am <b>Mom&amp;Me</b> 9:45am <b>Fit Senior</b> 10:45am <b>Line Dance</b>	<b>17</b> 8:15am <b>Instructor's Choice</b>  <div style="background-color: #ADD8E6; padding: 5px; text-align: center;">             Courts Closed for Upward Games           </div>
<b>18</b> Gym Closed 	<b>19</b> 5:15am <b>FitnessX</b> 8:15am <b>Cardio</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 5:30pm <b>Spin</b>	<b>20</b> 8:15am <b>Weights</b> 9:15am <b>Low Impact</b> 10:00am <b>Zumba</b> 12:30 to 3:30pm <b>Pickleball</b> 5:30pm <b>Strength/Conditioning</b>	<b>21</b> 5:15am <b>FitnessX</b> 8:15am <b>Tabata</b> 9:15am <b>BodyBall</b> 9:45am <b>Fit Senior</b> 4:30pm <b>HIIT</b>	<b>22</b> 8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:00am <b>Zumba</b> 12:30 to 3:30pm <b>Pickleball</b> 4:30pm <b>Couch-5K</b>	<b>23</b> 5:15am <b>FitnessX</b> 8:15am <b>Cardio Stations</b> 9:15am <b>HIIT</b> 9:15am <b>Mom&amp;Me</b> 9:45am <b>Fit Senior</b> 10:45am <b>Line Dance</b>	<b>24</b> 8:15am <b>Instructor's Choice</b>  <div style="background-color: #ADD8E6; padding: 5px; text-align: center;">             Courts Closed for Upward Games           </div>
<b>25</b> Gym Closed 	<b>26</b> 5:15am <b>FitnessX</b> 8:15am <b>Cardio</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 5:30pm <b>Spin</b>	<b>27</b> 8:15am <b>Weights</b> 9:15am <b>Low Impact</b> 10:00am <b>Zumba</b> 12:30 to 3:30pm <b>Pickleball</b> 5:30pm <b>Strength/Conditioning</b>	<b>28</b> 5:15am <b>FitnessX</b> 8:15am <b>Tabata</b> 9:15am <b>BodyBall</b> 9:45am <b>Fit Senior</b> 4:30pm <b>HIIT</b>	<b>29</b> 8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:00am <b>Zumba</b> 12:30 to 3:30pm <b>Pickleball</b> 4:30pm <b>Couch-5K</b>	<div style="background-color: #008080; color: white; border-radius: 50%; padding: 20px; text-align: center;"> <b>Courts closed for repairs and refinishing beginning on March 1st!</b> </div>	



**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.

**Body Ball** - This class is uses a stability ball while focusing on abs and arms along with a light cardio bursts.

**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.

**Mom & Me** - 30 minute class for you and your toddler, incorporates fun play without realizing you are burning calories.

**Kettlebell** - Combines compound exercises to work multiple muscle groups.

**Couch to 5K** - 12 week running plan designed to get a complete running newbie off their couch to finishing their first 5K race. 

### Childcare

Monday - Saturday

8:00 AM - 10:15 AM

Monday - Thursday

4:00 PM - 6:00 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](mailto: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.

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