



Follow us on Facebook to stay up to date on all things fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>2</b></p> <p>Check out Trinity Baptist Church</p> 	<p><b>3</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 4:30pm <b>Yoga</b> 5:30pm <b>Spin</b></p> <p><b>Fit Senior now in Student Venue</b></p>	<p><b>4</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Low Impact</b> 10:15am <b>Zumba</b> 12:30 - 3:30pm <b>Pickleball</b> 5:30pm <b>Strength &amp; Conditioning</b></p>	<p><b>5</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Tabata</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 12:30 - 3:30pm <b>Pickleball</b></p>	<p><b>6</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:15am <b>Zumba</b> 12:30-3:30pm <b>Pickleball</b> 4:30pm <b>Couch2 5K</b></p>	<p><b>7</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio Stations</b> 9:15am <b>HIIT</b> 9:45am <b>Fit Senior</b> 10:45am <b>LineDance</b> 1-6pm <b>Basketball Drop-in</b></p>	<p><b>8</b></p> <p>8:15am <b>Instructor's Choice</b></p> <p>Courts Closed</p>
<p><b>9</b></p> <p>Gym Closed</p>	<p><b>10</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 4:30pm <b>Yoga</b> 5:30pm <b>Spin</b></p> <p>Courts Close 4:30pm</p>	<p><b>11</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Low Impact</b> 10:15am <b>Zumba</b> 12:30 - 3:30pm <b>Pickleball</b> 5:30pm <b>Strength &amp; Conditioning</b></p> <p>Courts Close 4:30pm</p>	<p><b>12</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Tabata</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 12:30 - 3:30pm <b>Pickleball</b></p> <p>Courts Close 5 pm</p>	<p><b>13</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:15am <b>Zumba</b> 12:30 - 3:30pm <b>Pickleball</b> 4:30pm <b>Couch2 5K</b></p> <p>Courts Close 4:30pm</p>	<p><b>14</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio Stations</b> 9:15am <b>HIIT</b> 9:45am <b>Fit Senior</b> 10:45am <b>LineDance</b> 1-6pm <b>Basketball Drop-ins</b></p>	<p><b>15</b></p> <p>8:15am <b>Instructor's Choice</b></p> <p>Courts Closed</p>
<p><b>16</b></p> <p>Gym Closed</p>	<p><b>17</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 4:30pm <b>Yoga</b> 5:30pm <b>Spin</b></p> <p>Courts Close 4:30pm</p>	<p><b>18</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Low Impact</b> 10:15am <b>Zumba</b> 12:30 - 3:30pm <b>Pickleball</b> 5:30pm <b>Strength &amp; Conditioning</b></p> <p>Courts Close 4:30pm</p>	<p><b>19</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Tabata</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 12:30 - 3:30pm <b>Pickleball</b></p> <p>Courts Close 5 pm</p>	<p><b>20</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:15am <b>Zumba</b> 12:30 - 3:30pm <b>Pickleball</b> 4:30pm <b>Couch2 5K</b></p> <p>Courts Close 4:30pm</p>	<p><b>21</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio Stations</b> 9:15am <b>HIIT</b> 9:45am <b>Fit Senior</b> 10:45am <b>LineDance</b> 1-6pm <b>Basketball Drop-ins</b></p>	<p><b>22</b></p> <p>8:15am <b>Instructor's Choice</b></p> <p>Courts Closed</p>
<p><b>23</b></p> <p>Gym Closed</p>	<p><b>24</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 4:30pm <b>Yoga</b> 5:30pm <b>Spin</b> All Day <b>Basketball Drop-ins</b></p>	<p><b>25</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Low Impact</b> 10:15am <b>Zumba</b> 12:30 - 3:30pm <b>Pickleball</b> 5:30pm <b>Strength &amp; Conditioning</b></p>	<p><b>26</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Tabata</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b></p> <p>Courts Close 5 pm</p>	<p><b>27</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:15am <b>Zumba</b> 12:30 - 3:30pm <b>Pickleball</b> 4-7pm <b>Basketball Drop-ins</b> 4:30pm <b>Couch2 5K</b></p>	<p><b>28</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio Stations</b> 9:15am <b>HIIT</b> 9:45am <b>Fit Senior</b> 10:45am <b>LineDance</b></p>	<p><b>1</b></p> <p>8:15am <b>Instructor's Choice</b> 8am - 12pm <b>Pickleball</b> 1 - 5pm <b>Basketball Drop-ins</b></p>
<p><b>2</b></p> <p>Gym Closed</p>	<p><b>3</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b> 4:30pm <b>Yoga</b> 5:30pm <b>Spin</b> All Day <b>Basketball Drop-ins</b></p>	<p><b>4</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Low Impact</b> 10:15am <b>Zumba</b> 12:30 - 3:30pm <b>Pickleball</b> 5:30pm <b>Strength &amp; Conditioning</b></p>	<p><b>5</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Tabata</b> 9:15am <b>Low Impact</b> 9:45am <b>Fit Senior</b></p> <p>Courts Close 5 pm</p>	<p><b>6</b></p> <p>8:15am <b>Weights</b> 9:15am <b>Stretch Express</b> 10:15am <b>Zumba</b> 12:30 - 3:30pm <b>Pickleball</b> 4-7pm <b>Basketball Drop-ins</b> 4:30pm <b>Couch2 5K</b></p>	<p><b>7</b></p> <p>5:15am <b>FitnessX</b> 8:15am <b>Cardio Stations</b> 9:15am <b>HIIT</b> 9:45am <b>Fit Senior</b> 10:45am <b>LineDance</b></p>	<p><b>8</b></p> <p>8:15am <b>Instructor's Choice</b></p> <p>Courts Closed</p>



**FREE** for members when attending a group fitness class

### Childcare

Monday - Saturday  
Monday - Thursday

8:00 AM - 10:15 AM  
4:00 PM - 6:15 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 and motivation you need to reach your goals.

**Mike Golson**  
**Tracy Primeaux**  
**Lisa Lovett**  
**Mary LaCombe**



**\$30 for 30 min.**  
**\$50 for 60 min.**

Contact us at (337)310-8424 to get in touch with a personal trainer and schedule your first session.

**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**

## LUNCH HOUR SPECIAL

**1 Hr Work Out Special, \$5**  
MON-FRI BETWEEN 11 AM & 1 PM

*No Membership Required*

TIMES VARY & FEES APPLY

Pickleball  
Kidz Play Drop-ins  
Basketball Drop-ins

Fitness Class Drop-in  
Lunch Hour Special

### Instructor-Led Classes

**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 cardiovascular 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, Cardio Kickboxing, Step Aerobics, and Cardio Attack.

**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.

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

**Yoga** - Includes various techniques such as breathing exercises, postures, and relaxation. Yoga is intended to build strength and stamina, to improve flexibility, coordination and balance, and to relax the body.

### 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