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all things fitness



Hours of Operation
 Mon - Thurs 5:00 AM - 8:00 PM
 Friday 5:00 AM - 6:00 PM
 Saturday 8:00 AM - 5:00 PM
 Sunday Closed
 Front Desk (337)310-8424

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gym Closed  Check out Trinity Baptist Church 	KIDZ PLAY Select Fridays, Kidz Place Area \$5 per child cash/check only  	 		31 8:15am Weights 9:15am Stretch Express  12:30-3:30pm Pickleball Drop-in 4:30pm Run/Lift Courts Close at 4:30pm	1 5:15am FitnessX 8:15am CardioSta. 9:15am HIIT 9:45am Fit Senior  10:30am-12:30pm Kidz Play Drop-in 10:45am LineDance  12:30-2:30pm Pickleball Drop-in  3-5pm Beginner Pickleball Drop-in	2 8:15am Instructor's Choice Courts Closed 8am - 6pm
3 Gym Closed 	4 5:15am FitnessX 8:15am Cardio 9:15am LowImpact 9:45am Fit Senior 4:30 pm Yoga 5:30pm Spin  2-8pm Basketball Drop-in	5 8:15am Weights 9:15am LowImpact 10:15am Zumba  12:30-3:30pm Pickleball Drop-in 5:30pm Strength & Conditioning  4-8pm Volleyball Drop-ins	6 5:15am FitnessX 8:15am Tabata 9:15am Low Impact 9:45am Fit Senior	7 8:15am Weights 9:15am Stretch Express 10:15am Zumba  12:30-3:30pm Pickleball Drop-in  4-8pm Basketball Drop-in 4:30pm Run/Lift	8 5:15am FitnessX 8:15am Cardio Stations 9:15am HIIT 9:45am Fit Senior  10:30am-12:30pm Kidz Play Drop-in 10:45am LineDance  12:30-3:30pm Pickleball Drop-In	9 8:15am Instructor's Choice  12:30-5pm Basketball Drop-in Courts Closed 8am - 12pm
10 Gym Closed 	11 5:15am FitnessX 8:15am Cardio 9:15am LowImpact 9:45am Fit Senior 4:30 pm Yoga 5:30pm Spin  2-8pm Basketball Drop-in	12 8:15am Weights 9:15am LowImpact 10:15am Zumba  12:30-3:30pm Pickleball Drop-in 5:30pm Strength & Conditioning Courts Closed 4:00pm	13 5:15am FitnessX 8:15am Tabata 9:15am LowImpact Trinity Center Closing at 2pm 	14 8:15am Weights 9:15am Stretch Express 10:15am Zumba 4:30pm Run/Lift	15 5:15am FitnessX 8:15am Cardio Stations 9:15am HIIT 9:45am Fit Senior  10:30am-12:30pm Kidz Play Drop-in 10:45am LineDance	16 8:15am Instructor's Choice Courts Closed- New Bleachers!!
17 Gym Closed  New Hours! Mon-Thurs close at 7PM	18 5:15am FitnessX 8:15am Cardio 9:15am LowImpact 9:45am Fit Senior 4:30pm Yoga 5:30pm Spin	19 8:15am Weights 9:15am LowImpact 10:15am Zumba 5:30pm Strength & Conditioning	20 5:15am FitnessX 8:15am Tabata 9:15am LowImpact 9:45am Fit Senior	21 8:15am Weights 9:15am Stretch Express 10:15am Zumba 4:30pm Run/Lift	22 5:15am FitnessX 8:15am Cardio Stations 9:15am HIIT 9:45am Fit Senior  10:30am-12:30pm Kidz Play Drop-in 10:45am LineDance	23 8:15am Instructor's Choice Courts Closed - New Bleachers!
24 Gym Closed 	25 5:15am FitnessX 8:15 am Cardio 9:15am LowImpact 9:45am Fit Senior 4:30pm Yoga 5:30pm Spin	26 8:15am Weights 9:15am LowImpact 10:15am Zumba 5:30pm Strength & Conditioning	27 5:15am FitnessX 8:15am Tabats 9:15am LowImpact 9:45am Fit Senior	28 8:15am Weights 9:15am Stretch Express 10:15am Zumba 4:30pm Run/Lift	29 5:15am FitnessX 8:15am Cardio Stations 9:15am HIIT 9:45am Fit Senior  10:30am-12:30pm Kidz Play Drop-In 10:45am LineDance	30 8:15am Instructor's Choice Courts Closed - New Bleachers!



FREE for members
when attending a
group fitness class

Childcare

Monday - Saturday

8:00 AM - 10:30 AM

Monday, Tuesday, & Thursday 4:00 PM - 6:30 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

Beginner Pickleball Select Fridays from 3 to 5pm we will have 3 nets setup for beginner players. \$5 per person. (Instructor not included) Childcare offered, see childcare fees above.

LUNCH HOUR SPECIAL

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

No Membership Required

TIMES VARY & FEES APPLY

Pickleball/Beginner PB
Kidz Play Drop-ins
Basketball Drop-ins

Fitness Class Drop-in
Lunch Hour Special
Kids Volleyball Drop-ins

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.

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

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@tblc.org