

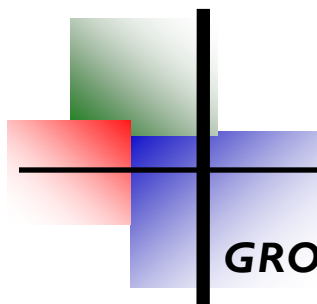


August 2022

To Contact the
Trinity Center Front Desk
Call (337) 310-8424

Hours of Operation	
Mon - Thurs	5:00AM - 7:00PM
Friday	5:00AM - 5:00PM
Saturday	8:00AM - 4:00PM
Sunday	CLOSED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Fitness X 5:15am Cardio 8:15am Rise & Grind 9:15am Fit Senior 9:45am Spin 4:30pm	2 Weights 8:15am Cardio / Core 9:15am Zumba 10:00am Pickleball 1:00 - 4:00pm Strength & Con. 5:30pm	3 Fitness X 5:15am Tabata 8:15am Body Ball 9:15am Fit Senior 9:45am Courts Closed 5-7pm	4 Weights 8:15am Stretch Express 9:15am Zumba 10:00am Pickleball 1:00 - 4:00pm Weights 4:30pm S&C 5:30pm	5 Fitness X 5:15am Bikes & Bands 8:15am Stations 9:15am Fit Senior 9:45am Line Dancing 10:45am	6 Courts Closed All Day for Volleyball Tournament
7	8 Fitness X 5:15am Cardio 8:15am Rise & Grind 9:15am Fit Senior 9:45am Spin 4:30pm Courts Closed 5-7pm	9 Weights 8:15am Cardio / Core 9:15am Zumba 10:00am Pickleball 1:00 - 4:00pm S&C 5:30pm Courts Closed 5-7pm	10 Fitness X 5:15am Tabata 8:15am Kettle Bell 9:15am Fit Senior 9:45am	11 Weights 8:15am Stretch Express 9:15am Zumba 10:00am Weights 4:30pm	12 Fitness X 5:15am Bikes & Bands 8:15am Fit Senior 9:45am Line Dancing 10:45am	13 Instructor's Choice 9:00am
14	15 Fitness X 5:15am Cardio 8:15am Rise & Grind 9:15am Fit Senior 9:45am Spin 4:30pm Courts Closed 5-7pm	16 Weights 8:15am Cardio / Core 9:15am Zumba 10:00am Pickleball 1:00 - 4:00pm Strength & Con. 5:30pm	17 Fitness X 5:15am Tabata 8:15am Body Ball 9:15am Fit Senior 9:45am Courts Closed 5-7pm	18 Weights 8:15am Stretch Express 9:15am Zumba 10:00am Pickleball 1:00 - 4:00pm Weights 4:30pm	19 Fitness X 5:15am Bikes & Bands 8:15am Stations 9:15am Fit Senior 9:45am Line Dancing 10:45am	20 Instructor's Choice 9:00am Pickleball 10:00 - 12:00pm
21	22 Fitness X 5:15am Cardio 8:15am Rise & Grind 9:15am Fit Senior 9:45am Spin 4:30pm	23 Weights 8:15am Cardio / Core 9:15am Zumba 10:00am Pickleball 1:00 - 4:00pm Strength & Con. 5:30pm	24 Fitness X 5:15am Tabata 8:15am Body Ball 9:15am Fit Senior 9:45am	25 Weights 8:15am Stretch Express 9:15am Zumba 10:00am Pickleball 1:00 - 4:00pm Weights 4:30pm	26 Fitness X 5:15am Bikes & Bands 8:15am Stations 9:15am Fit Senior 9:45am Line Dancing 10:45am	27 Instructor's Choice 9:00am Courts Closed All Day for Revival
28	29 Fitness X 5:15am Cardio 8:15am Rise & Grind 9:15am Fit Senior 9:45am	30 Weights 8:15am Cardio / Core 9:15am Zumba 10:00am Courts Closed & Trinity Center Closing at 5pm	31 Fitness X 5:15am Tabata 8:15am Kettle Bell 9:15am Fit Senior 9:45am	ATTENTION: The Trinity Center will be closing at 5pm during the evenings of the Revival (8/29, 8/30, and 8/31)		



GROUP FITNESS 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.

Stations - Fast paced and energetic stations with weights to get your heart rate up and increase your strength.

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 uses a stability ball while focusing on abs and arms along with a light cardio bursts.

Rise & Grind - Adaptive fitness class offering strength, toning, and light cardio for a full body workout.

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

Barre - Engaging muscles you wouldn't normally target with high-reps and low-impact movements.

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

PERSONAL TRAINER INFO

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. Those who achieve and maintain their results have a personal coach who is overseeing their progress. As a new client, you will 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.

Take action today and we'll take care of everything else!

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

Childcare is
FREE when
attending a group
fitness class!

Childcare Hours

- Monday—Friday 8:00 - 10:15am
- Monday—Thursday 4:00 - 6:00pm
- Saturday 8:30 - 10:00am
- Childcare is available for children 5th grade & under
- Cost: \$3 for first child and \$2 for additional children per session (**Maximum is \$9 per session**)
- Unlimited Childcare Fee per month is **\$30**

Cancellation of Membership

In order to cancel your membership, you must fill out a Cancellation Form 5 business days before the end of month. Failure to follow this will procedure will 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 feel free to email us at:
alaley@tbclc.org

Pickle Ball 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.

