



**TRINITY  
CENTER**

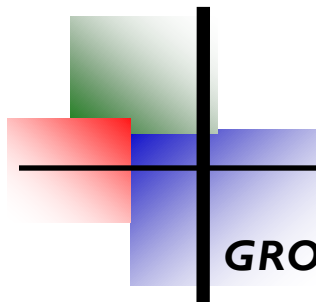
# January 2022

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
2	3 Fitness X 5:15am Rise & Grind 8:15am Fit Senior 9:45am Spin 4:30pm	4 Weights 8:15am HIIT 9:15am Pickleball 1:00 - 4:00 pm HIIT 4:30pm	5 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am Bootcamp 4:30pm	6 Spin 8:15am Stretch Express 9:15am Pickleball 1:00 - 4:00 pm HIIT 4:30pm	7 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am	8 Instructor's Choice 9:00am  Courts Closed All Day for Upward
9	10 Fitness X 5:15am Cardio 8:15am Rise & Grind 8:15am Fit Senior 9:45am Spin 4:30pm	11 Weights 8:15am HIIT 9:15am Zumba 10:00am Pickleball 1:00 - 4:00 pm HIIT 4:30pm	12 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am Bootcamp 4:30pm	13 Spin 8:15am Stretch Express 9:15am Zumba 10:00am Pickleball 1:00 - 4:00 pm HIIT 4:30pm	14 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am	15 Instructor's Choice 9:00am  Courts Closed All Day for Upward
16	17 Fitness X 5:15am Cardio 8:15am Rise & Grind 8:15am Fit Senior 9:45am Spin 4:30pm	18 Weights 8:15am HIIT 9:15am Zumba 10:00am Pickleball 1:00 - 4:00 pm HIIT 4:30pm	19 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am Bootcamp 4:30pm	20 Spin 8:15am Stretch Express 9:15am Zumba 10:00am Pickleball 1:00 - 4:00 pm HIIT 4:30pm	21 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am	22 Instructor's Choice 9:00am  Courts Closed All Day for Upward
23	24 Fitness X 5:15am Cardio 8:15am Rise & Grind 8:15am Fit Senior 9:45am Spin 4:30pm	25 Weights 8:15am HIIT 9:15am Zumba 10:00am Pickleball 1:00 - 4:00 pm HIIT 4:30pm	26 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am Bootcamp 4:30pm	27 Spin 8:15am Stretch Express 9:15am Zumba 10:00am	28 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am	29 Instructor's Choice 9:00am  Courts Closed All Day for Upward
30	31 Fitness X 5:15am Cardio 8:15am Rise & Grind 8:15am Fit Senior 9:45am Spin 4:30pm	1 Weights 8:15am HIIT 9:15am Zumba 10:00am Pickleball 1:00 - 4:00 pm HIIT 4:30pm	2 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am Bootcamp 4:30pm	3 Spin 8:15am Stretch Express 9:15am Zumba 10:00am Pickleball 1:00 - 4:00 pm HIIT 4:30pm	4 Fitness X 5:15am HIIT 8:15am Fit Senior 9:45am	5 Instructor's Choice 9:00am  Courts Closed All Day for Upward



## 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.

**HIIT Fitness** - (High Intensity Interval Training) 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.

**Cardio Circuits** - Fast paced and energetic stations to get your heart rate up and increase your fitness.

**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.

**Bootcamp**— This class is designed to build strength through high intensity aerobic periods punctuated by bodyweight exercises.

**Rise & Grind**— Adaptive fitness class offering strength, toning, and light cardio for a full body 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 Hours

- Monday—Friday 8:00 - 10:00am
- 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**

Childcare is  
**FREE** when  
attending a group  
fitness class!

### 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](mailto: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.

