



Livingston Fitness Center

*A Premiere Fitness Facility
Located in Livingston, TX
www.livingstonfitnesscenter.net*

BEGIN YOUR FITNESS JOURNEY AT LIVFIT

At LFC, we want to promote a community feeling and family-friendly fitness environment. We strive to keep our equipment well maintained, and we keep our facility spotless to help ensure that every client has a great experience. At LFC, we only contract certified personal trainers and group class instructors, so that our members are getting the best possible professional fitness that our city has to offer!

Weight Room / Cardio Equipment

Included with membership

Top of the line equipment. Free weights, selectorized machines, step mills, row machines, ab machines, treadmills, elliptical and **SAUNAS!** We have a private sauna in each of our locker rooms.

Group Exercise Classes

Included with membership

We offer Yoga, Dance Cardio, Active Older Adults, Pilates, Stretch It Out, Fit Happens, Cardio Circuit, Kickbox, Core Circuit, and Cardio Aerobics. For daily class schedules and information, please call us at 936-327-2348, or visit our Facebook page where we commonly advertise our class schedule. **Class are FREE for members!** Non members pay a rate ranging from \$6-\$8 per class.

Personal Training

At LFC we have certified personal trainers to help you reach your goals.

Personal training sessions start at \$35 per session.

As a member, your first consultation is free!

For a list of available trainers, please contact us to find out how to get started.

Personal trainers can also suggest nutrition plans designed just for you!

Kids Club

Included with membership

We have a large area for kids to play, study or relax while parents workout. There is a TV in the weight room with a video monitor of the Kids Club room, so parents can see their children while they are working out. Children must be at least 18-months old. The room is open 24 hours a day and is supervised by our Kids Club staff from 4pm-8pm Monday through Thursday.

Sand Volleyball

Included with membership

We offer a regulation size outdoor volleyball court for our members use.

LFC Pro Shop

\$1-\$50

Protein, BCAA, pre workouts, intra workouts, and post workouts. Snacks, drinks, and more.

Also the place to get all of your LFC gear including shirts, hats, hoodies, koozies, and more!

Office hours are Monday-Friday 9am-7pm and Saturday 9am-12pm.

MEET THE OWNERS

JACQUE DELAHOUSSEY

& GRADY REILY

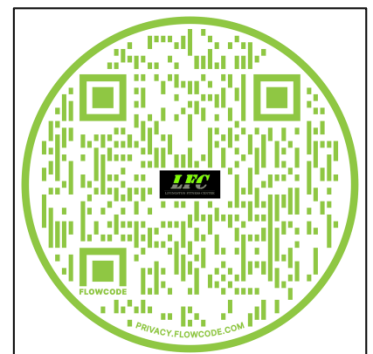


MEMBERSHIP PRICING

- 12-Month Membership \$40
- Secondary Family Member \$35
(with 12-month contract)
- Month-to-Month \$50
- 1 Year Paid-in-Full \$420.00

*More discounts available. For details,
please call or stop by the office.*

Tax not included in listed prices.



facebook.com/livfitcenter

@Livingstonfitnesscenter

601 W. Church Street, Livingston, TX 77351

936.327.BFIT (2348)

members@livingstonfitnesscenter.net