



336 Heather Drive
Opelousas, LA 70570
337-942-1326

Louisiana Family Fitness Center Newsletter
November 2019



Dear fitness family,

Thank YOU! First and foremost, we would like to wish you all a Happy Thanksgiving! This month is filled with cooler weather, fun-filled family holidays, and of course plenty of workouts. With that note, the Louisiana Family Fitness staff would like to remind all of our club members just how much we appreciate your loyalty and commitment to our facility. Our gym would be nothing without you!

Moving forward to what's happening in November...

Weight Loss Competition: We are currently in the middle of our "Choose to Lose" weight loss competition. It's getting fierce out here with a mix of trash talk and encouragement from all angles with the competitors. The competition began October 1st and will have the final weigh in for the 31 participants on January 6th and 7th of 2020.

Health Fair in Partnership with Super1Foods: Friday, Nov. 8th, we are holding a "Health Fair" in partnership with Super1Foods in Opelousas! We will be out there set up around 11:00am-1:00pm. Get a free Blood Pressure check, Heart Rate assessment, and health questions answered by two Registered Nurses on site. Grab a free gift (cups/koozie/keychain) and get updated on healthy trends with nutritional brochures from Super1Foods.

Thanksgiving Meal: Our annual "Thanksgiving Feast" will be held on Friday, November 15th at 12:00pm in the front lobby. To participate, bring a covered dish to contribute to the feast. Please no coleslaw. Desserts, entrée dishes, and finger foods are permitted. See you there!

Winter Youth Camps: Looking for a place the kids can go over their holiday breaks? We will be having additional youth camps this year! Our two 'Winter Holiday Camps' will take place over Thanksgiving and Christmas breaks. Ages for the camps are 5-12 years old. Activities include: tennis, wallyball, basketball, exercise class, and indoor swimming! Lunch and snack provided. Registration is happening NOW. Turkey Week Camp is Monday, November 25th through Wednesday, November 27th; Christmas Camp TBA for December.

Holiday Closures: Thursday, November 28th, the club will be closed in observance of the Thanksgiving holiday. We will resume regular hours Friday, November 29th! 24-hour access will be made available all day and after hours on Thanksgiving if you have that access on your membership.

Pro Shop Items: Don't forget we sell comfortable and stylish T-shirts from our pro shop window in the front lobby! We have themed colors for Thanksgiving and fall season available among others. There are both men's and women's fit options, as well. Sizes AS-AXL! Check them out when you get a chance.

Tasty Fit Meals: If you're looking for a healthy, high protein, low fat/carb meal to incorporate in your diet, remember to check out our 'Tasty Fit Meals' weekly, created by Heidi. The meals change often, but look to find grilled chicken and sweet potato mash, baked zucchini stuffed with tuna salad, ground turkey chili, broccoli stuffed chicken breast over steamed brown rice, and many more options! Great meals with no guilt. \$6.75 meal only or \$8.00 with a small bottle of water!

New Year's Resolution: Getting a head start to your New Year resolution is much easier when you have someone to create, guide, and encourage your workouts. Remember we offer personal training sessions from certified personal trainers, including our head trainer Angie Boudreaux, who holds a pro card among her many qualifications. Give us a call for more information!

*Thank you, and as always,
"We want to help you get fit and stay fit!"*