

GET FIT. DON'T QUIT.

SHREVEPORT
681-7800

BOSSIER
848-2900



christusathleticclubsb.com

BENEFITS OF MEMBERSHIP INCLUDE:

- Access to two club locations
- Degreed exercise staff; more than just personal trainers
- Month-to-month memberships
- no contract required
- Group classes
- Courtesy childcare
- Indoor track and gymnasium
- Indoor pool at Shreveport location
- Large locker rooms & dressing areas
- Whirlpool and dry saunas

Smart Start Sessions:

Our Smart Start Program is included with your membership. Enjoy 3 free sessions with one of our Exercise Specialists to achieve your fitness goals.



Group Classes:

Cardio Blast, Spin, Pure Strength, Water Aerobics, Zumba, Hip Hop, Yoga, Pilates, Parkinson's , and much more!

CHRISTUS Louisiana Athletic Club Bossier

Monday-Thursday 5:00 am - 8:30pm

Friday 5:00 am - 7:00 pm

Saturday 8:00 am - 3:00 pm

Sunday 1:00 pm - 5:00 pm

CHRISTUS Louisiana Athletic Club Shreveport

Monday-Thursday 5:00 am - 9:00 pm

Friday 5:00 am - 7:00 pm

Saturday 8:00 am - 5:00 pm

Sunday 1:00 pm - 5:00 pm

LSUS

Employees and Retirees:

Will receive new discounted rate!

Single: \$35.07

Couple: \$63.57

Family: \$97.54