

WHO ARE WE

We are a female veteran, family owned and operated small business. We are part of the community we serve, and we care about our members. We are here and make ourselves available to you. We value your health, fitness and well-being. We understand how important that is to not only you, but your loved ones.

HOW TO FIND US

We are conveniently located in the heart of Burleson.

212 NEW WILSHIRE BLVD. BURLESON, TX 76028

Phone: 817-945-2005

Email: fitclubburleson@gmail.com

Web: www.texasfitclubgym.com

NEW MEMBER HANDBOOK



WELCOME TO OUR FITNESS FAMILY

GETTING STARTED

Congratulations on coming aboard. We appreciate your decision in joining our club. There are so many gyms to choose from and the fact you chose us means so much!

We want to assist you with any questions and concerns you have here at the gym.

We are dedicated in helping you achieve your goals and understand the challenges most face when deciding to start working out. For most, the question of simply how to exercise is most common. For others, finding the time to work out can become the biggest obstacle. We understand these questions and challenges, and will dedicate all our resources to help you reach your goals. We are here to offer a multitude of advice on many areas if you are interested.

We want you to feel the best about your decision to join here because nothing is more important than your health!

Step One is complete! Now enjoy your workouts and everything we have to offer;

You are going to be so pleased with the end results!

Welcome to the Texas Fit Club Gym Family!

MISSION

We consider it our mission to enhance the quality of human life through physical fitness. To this end, we endeavor to provide facilities, programs, and instruction that will encourage you to be your best self. We further strive to instill in those we serve an understanding of the values of physical fitness in their lives. We will do this through honesty and integrity.



OUR PRODUCTS & SERVICES



We have a range of cardiovascular equipment from treadmills, stairmasters, bikes, ellipticals, climbers, ladders. With these options we are sure to get your heart pumping!

CARDIOVASCULAR



Get a whole body work out on a large selection of circuit machines. You never have to leave this section to train every body part. Pictures and instruction are shown on most machines. Machines are arranged by body type, so it's easy to navigate.

CIRCUIT TRAINING



Need to take a minute? We have the perfect spot. Step in to our cozy, private room. Big enough for partners, it is a great spot to work your core and stretch those muscle groups.

STRETCHING

OUR PRODUCTS & SERVICES



We have a large selection of dumbbells, free weights, and benches to choose from, so you will never need to wait for a spot. Pre-loaded bars, Smith machines, and cages provide everything you need

FREE WEIGHTS



With options from Hammer Strength, Body Masters, Icarian, Cables. You are sure to get what you need without ever leaving this area.

PLATE LOADED



Are you a fan of military style or cross training? This section allows you to dead lift, climb, flip tires, punch a bag, sling some rope, pull some kettle bells. You want it? We probably have it!

CROSS TRAINING

ACCOUNT SERVICES

Billing charges, Member moves, Personal Information Changes, Cancellation Procedures and other valuable information regarding your account can be handled by the following:

**ABC Financial
Membership Services
1-888-827-9262**

A more convenient method is through

MyiClub Online

Download the FREE app from your app store or online at www.myiclubonline.com to register.

FOLLOW US

We make it our goal to post free health, fitness, and motivation tips every day. We want our Social Media to encourage, uplift, empower and educate you in all things health and fitness - to help you live your best life! Hey, be a good neighbor and share with your friends.

Keep up with the gym events and latest announcements by following us on:

Facebook: facebook.com/texasfitclubgymburleson

Instagram: instagram.com/texasfitclubgymburleson

You Tube: youtube.com/channel/texasfitclubgymburleson

KIDS CLUB HOURS

Monday – Friday

8am – 12pm

4pm – 8pm

Saturday

8:00am – 12pm

Sunday

Closed

Holiday Hours May Vary

KIDS CLUB GUIDELINES

There is nothing more important to us than the health and happiness of your children! We try to be as flexible as possible and address each child as an individual with unique needs. The guidelines we follow are to ensure the well-being of your child is top priority.

A List of the Guidelines are posted in the Kids Club and a copy may be provided to you upon request.

If there are any questions or concerns, we encourage you to speak to the manager directly so that we may address each one personally.



TANNING BENEFITS

Controlled exposure to UV may minimize some of the health risks that simply cannot be controlled when sunbathing outdoors. Tanning beds and booths are regulated as class 1 medical. Early results of research indicate that some of the positive effects of UV exposure may be:

- Decreases Stress/Increases Stress Tolerance
- Feeling of Well-Being
- Decreases Blood Pressure
- Lowers Resting Heart Rate
- Increases Cardiac Output
- Increases Energy and Endurance
- Increases Muscular Strength
- Lowers Blood Cholesterol
- Increases Resistance to Infections
- Increases Oxygen Capacity of Blood
- Increases Tolerance to Stress
- Increases Adrenaline in Tissues
- Increases Sex Hormones
- Increases the Skin's Resistance to Infections
- Reduces the Symptoms of PMS

TANNING SALON

JUST LIKE OUR GYM, THE TANNING SALON IS OPEN 24 HOURS.

IF YOU CHOOSE TO, YOU CAN ALWAYS HAVE TANNING ADDED TO YOUR MEMBERSHIP. WE CHARGE A FRACTION OF WHAT OTHER TANNING FACILITIES CHARGE.

FOR YOU OCCASIONAL TANNERS, WE OFFER ONE-TIME TANNING FOR A FEE.

Remember to check out our top quality tanning lotions. They will get you the best tan possible in the fastest time.

Holiday Hours May Vary



GROUP FITNESS

Amazing workouts, cleverly disguised as fun. With so many different class times throughout the day, you can always find a Group Fitness program that motivates and inspires you to push yourself and have a great time doing it. We offer state-of-the-art Group Fitness classes led by the top nationally-certified instructors in the industry, offering classes in a variety of formats with in-class options geared toward your particular fitness level. Instructors are fun, friendly, approachable and always ready to talk, share tips and offer encouragement!

BENEFITS OF GROUP INSTRUCTION

- Increase Commitment to a Fitness Routine.
- Push Yourself Harder.
- Have Accountability in Fulfilling Your Goals.
- Share Experiences with Other Members.
- Get A Competitive Edge.
- Capitalize on Endorphins.
- Diversify Your Workouts.
- Find Support in Being Part of a Team.
- Get External Motivation.
- Be Instructed on Proper Form.

GROUP FITNESS TIPS

1. Come a few minutes early to sign-in and warm-up.
2. Have water and a towel with you.
3. Let a manager or the class instructor know if you are new or have never done the class.
4. Don't think you have to do the whole class, the first step to fitness is being there, so do what you can!
5. Make friends, it helps to keep yourself consistent!

FITNESS ON-DEMAND

Fitness On Demand membership includes access to a touch screen kiosk and media hub which easily integrates with our large video display, transforming the group fitness room into your very own personal fitness studio.

GYM ETIQUETTE

We have a posted a complete set of rules and regulations and provided them as part of your agreement. The lawyers make us do that!

However, to ensure the best atmosphere and workout for all of our members, we offer the following at-a-glance gym etiquette guidelines:

- Please be courteous and respectful to others.
- Please wear proper attire.
- Please return equipment to the proper place and weights to racks.
- Please wipe off all equipment after use.
- Please return all towels to towel drop location.
- Please bring membership card each visit.
- Please do not drop weights.
- Please do not use chalk or cornstarch.
- Please report suspicious activity.
- Please be kind and helpful to one another.

SAFETY TIPS

We pride ourselves on the safe and inviting environment we offer at our facility. We live in a wonderful community, but just to be safe, here are some tips you should follow.

- Leave valuable items at home, or secure valuables in the trunk of your car before you enter the parking lot.
- Use a lock to protect your property in the locker rooms and be sure to lock it.
- Be aware of persons loitering or paying undue attention to you, your property or locker.
- Report all suspicious activities and persons to the police and club management.
- Contact the front desk if you would like an escort to walk you in.
- Be aware of your surroundings.

FAMILY FITNESS WEEKEND

We believe in the importance of spending time with loved ones, and making health and fitness a priority for the entire family!

**We are pleased to offer Family Fitness Weekends
every Saturday and Sunday.
For Ages 8-13**

Some Limitations Apply.

*Please See Family Weekend Rules for More
Information.*

**MUST SIGN IN EACH TIME AND PICK UP
LAYNARD**

MUST WEAR THE LAYNARD

MUST HAVE FUN!

THE LITTLE EXTRAS

PERSONAL TOWEL RENTAL - \$1

We Wash, Sanitize, Dry, and Fold it for you.

(Return towel in exchange for keys)

LOCKER USE - FREE

We want to be sure there are lockers always available for use. We also want to provide a safe and healthy environment for all our members.

Lockers are FREE and for day use only. Ask about our locks for sale or bring your own.

(No personal items or locks will be left overnight)

MASSAGE CHAIRS - Pay Per Minute

Relax in Our Tanning Lounge in one of our full body massage chairs. Read a book, take a nap, catch up with a friend or your favorite Netflix Series.

GUEST PRIVILEGES

We believe everyone in our community should be active! We invite guests to use our center, whether with a member or as walk-in visitors to the center.

Membership privileges include complimentary one-day VIP passes to first time guests.

Guest privileges vary by membership type. Please inquire at the front desk if you have questions regarding the guest privileges available to you.

GUEST REQUIREMENTS

- Before each visit, all adult guests must complete and sign a Guest Register and present a valid driver's license or government-issued identification card, which we use to verify guest information or track guest usage.
- Guests must be 18 years of age or older in order to use the facility and its services.
- A sponsoring member may not check another person's child(ren) into Kid's Club. Only the parent/legal guardian may do so. Additionally, the parent/legal guardian must remain on-site.
- A member may extend a guest privilege to the same individual no more than once. More than one visit by the same individual requires a guest fee.
- Front Desk Team Members will track available guest privileges electronically in the member's account. Members should also present physical guest passes when applicable.
- Unused guest privileges may not be accrued or otherwise carried forward to subsequent months or years.
- Guests must meet with a membership advisor and tour the center. Guest who do not qualify for a free pass can work out for a fee of \$20. Other short-term options are available for purchase.

We may restrict overall or individual guest privileges or guest use of the center at any time at our sole discretion.

PERSONAL TRAINING

The imperative components of fitness are goal setting, nutrition, supplementation, hydration, cardiovascular health, and resistance training. But, the most important components are education and professional assistance.

We want to ensure you have been given the best opportunity to achieve your health & fitness goals. We only accept the top certifications and put our trainers through an extension internship program before they train here.

In addition to the top training programs we provide you the assistance of supervisors who are available to help on a general level with any questions you have or assistance you may need during your workout.

Member privileges include a free fitness assessment with a certified personal trainer. Please see any fitness consultant to schedule yours right away. We have training programs that fit every need from weight loss, post rehabilitation, pre-and post-pregnancy, strength, endurance and sports specific training. Let a certified professional provide the education, assistance, motivation, and accountability you need to get the results you want NOW!

TRAINING PROGRAMS

One-on-One Training

Provides personal instruction throughout your workout on various exercises and help with improving exercise techniques. Due to the more interpersonal contact between a trainer and a client versus a general gym setting, the trainer is more readily able to provide motivation and support to an individual in an exercise program, in addition to proper technical instruction. A record of exercise sessions helps monitor progress, and personal advice on how to modify lifestyle outside of the gym to improve fitness. The top of the line fitness instruction to reach your goals. This training can be geared toward weight loss, muscle building, competition, injury recovery, sports specific.

Group Training

Uses a combination of Plyometrics, Core Synergistics, Cardiovascular Exercise and Resistance Training. Scheduled sessions, three times a week in groups of 3 or more people. This program guarantees weight loss!

Team Training

The best of one-on-one training for two people. You and a partner pair up for personal training at a fraction of the cost. This program is perfect for motivation, fun and accountability.

Fitness Assessment & Nutritional Counseling

A fitness assessment will give you valuable insight into your current level of fitness. You and your trainer will review the results of your assessments and answer any questions you may have regarding the results. Six or twelve weeks of nutritional counseling gives you the exact instruction you need to get the most from your nutritional intake.

MASSAGE THERAPY

Massage therapy is available on location and is open to both members and the public. Massage Therapy is ideal for those seeking to increase muscle flexibility, manage chronic painful muscle conditions as well as reduce stress.

Massage Therapy is an important element of any comprehensive approach to wellness – we hope you will allow our talented and experienced therapist to partner with you on your journey toward better health.

By Appointment Only! Space is limited!

It's Nice To Be Kneaded!

SUPPLEMENT SHOP

Our supplement store offers a wide variety of nutrition supplements ranging from weight loss, strength gain, wellness, multivitamins, joint support, digestion health, antioxidants, and pre-work out and ready-made drinks and much more.

Open to the public 24 Hours

Located inside the facility!

ASK ABOUT PRODUCTS AVAILABLE ON-LINE!

HEALTHY CAFE

Our café offers healthy meal choices at affordable prices, prepared fresh just for you. Our protein smoothies offer the just right, post work-out meal. .

Open to the public

Located inside the facility!

Call Ahead To Place Your Order!

Hours Vary