


Christus Trinity Mother Frances Health and Fitness Center - Lake Palestine - Flint

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Welcome to CHRISTUS Trinity Mother Frances Health and Fitness Center - Lake Palestine

Located in Flint, Texas, the **CHRISTUS Trinity Mother Frances Health and Fitness Center** offers a range of amenities to cater to your fitness needs. Whether you're looking to swim, lift weights, or participate in group classes, this

fitness center provides an inviting atmosphere for all members.

Membership Required

To enjoy the benefits of the facility, a **membership is required**. This membership grants access to all CHRISTUS gyms in the area, making it a great option for those who travel between locations.

Accessibility Features

The fitness center ensures **accessibility** for all members, featuring a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**. This dedication to inclusivity allows everyone to take advantage of the fitness opportunities available.

Amenities Offered

Despite some reviews highlighting cleanliness issues, the center boasts several appealing **amenities**:

Heated indoor swimming pool - Ideal for aquatic workouts and relaxation. Spacious gym area equipped with old but functional machines. Group classes led by experienced instructors.

Planning Your Visit

When planning a visit, it's crucial to note that while the gym is open 24 hours, the **swimming pool** may not be available seven days a week. Some members have expressed a desire for extended pool hours similar to those at other local fitness centers.

Cleanliness Concerns

Comments from members have raised concerns regarding the overall cleanliness of the facility. Reports indicate that the **club facilities**, including machines, floors, and locker rooms, often require better maintenance. Although wipe dispensers are available, they have frequently been found empty, leading to cleanliness issues that need addressing.

Member Feedback

While there are mixed reviews on equipment age and cleanliness, many members appreciate the friendly staff and the comfortable gym environment. Some users mention that the spaciousness and less crowded atmosphere contribute positively to their experience.

Conclusion

The CHRISTUS Trinity Mother Frances Health and Fitness Center at Lake Palestine is a valuable resource for fitness enthusiasts in Flint, Texas. However, potential members should consider both the strengths and weaknesses mentioned by current users, particularly in terms of cleanliness and equipment age, before committing to a membership.

We are situated in

20208 Hwy 155 S, 75762 Flint, Texas - United States (US)

The phone of the mentioned **Fitness center** is +1903-525-7560

And if you want to send a WhatsApp, you can do so at +1903-525-7560

Visit us during the following hours:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

The website is CHRISTUS Trinity Mother Frances Health and Fitness Center - Lake Palestine

In case you want to alter any element that you think is not accurate concerning this web, we kindly request deliver a message so that we will handle it promptly. With anticipation we appreciate it.

Images



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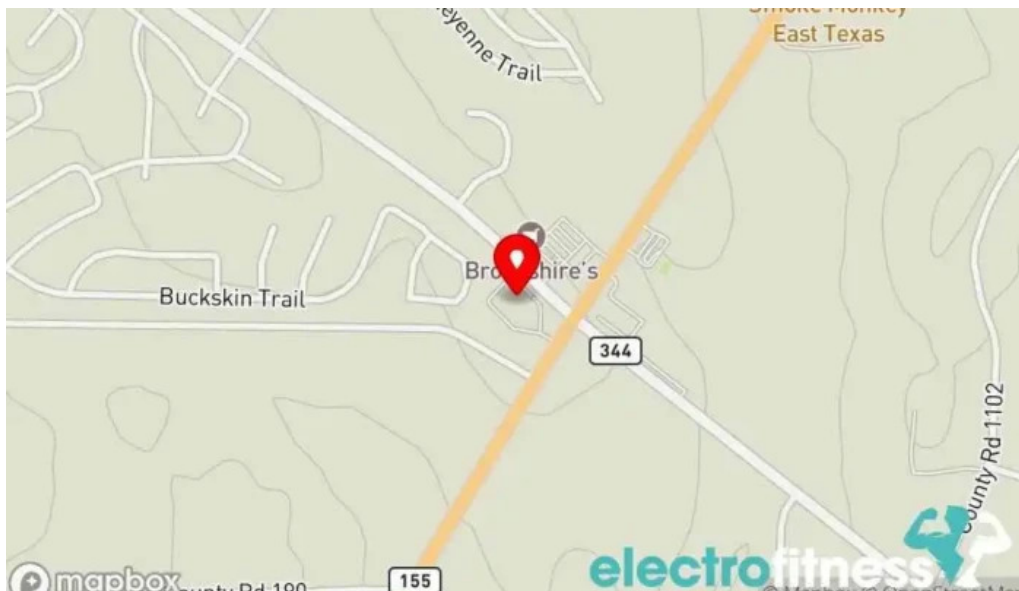
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Christus trinity mother frances health and fitness center lake palestine street view 360deg



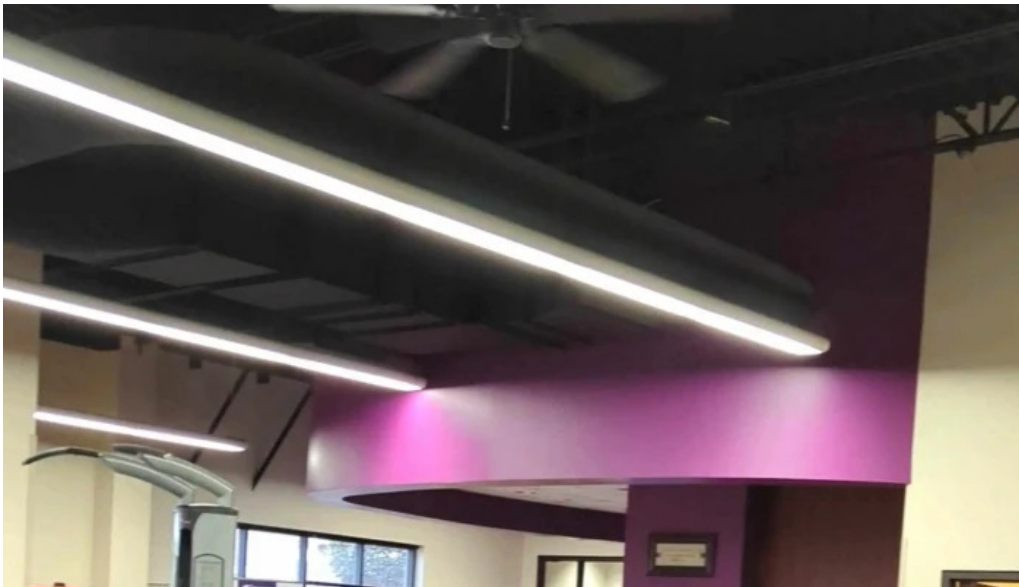
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Christus trinity mother frances health and fitness center lake palestine map



Christus trinity mother frances health and fitness center lake palestine gym



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Tags

Swimming pool, Amenities, Accessibility, Membership required, Wheelchair-accessible car park, Planning, Wheelchair-accessible entrance

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