


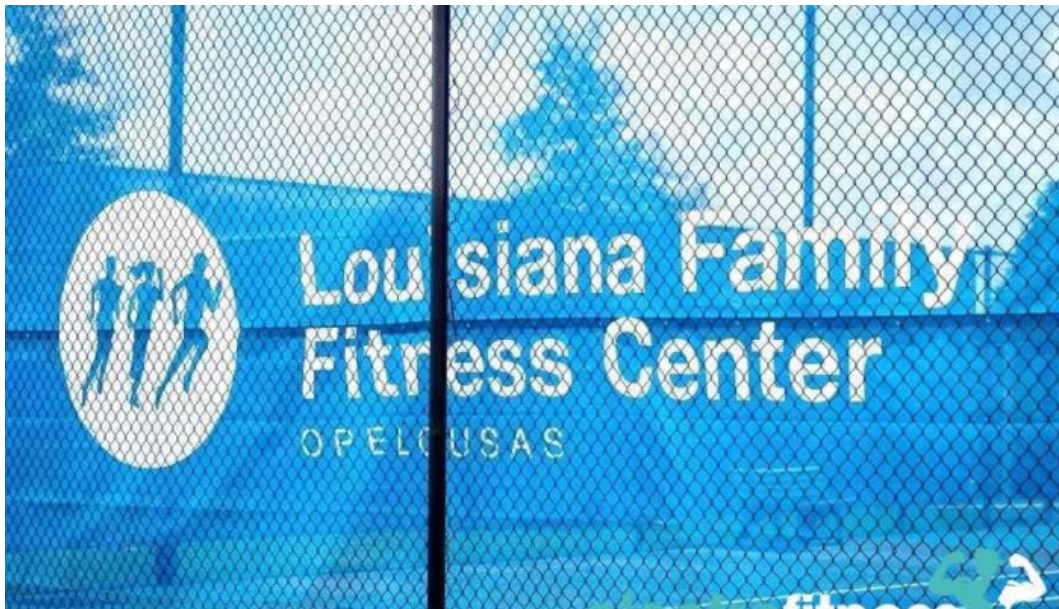
Louisiana Family Fitness Center - Opelousas

opelousas

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Louisiana Family Fitness Center - Opelousas

Discover Louisiana Family Fitness Center in Opelousas

Located in the heart of Opelousas, Louisiana Family Fitness Center stands out as a premier destination for families looking to maintain an active lifestyle. This fitness center prides itself on offering a wide range of amenities suitable for all ages and fitness levels.

Amenities for Everyone

Louisiana Family Fitness Center offers exceptional amenities that make it a

great choice for families. With a **tennis court** and a **basketball court**, there are plenty of options for team sports and recreational activities. The facility also includes heated swimming pools, a sauna, steam room, and whirlpool, providing everything needed for relaxation after an intense workout. For those with children, the center is **good for kids** as it offers **child care** services. Parents can rest easy knowing that their children are being looked after while they engage in their fitness routines. Additionally, the fitness center features a **wheelchair-accessible entrance** and **wheelchair-accessible car park**, ensuring that everyone has the opportunity to enjoy the facilities.

Planning Your Visit

Planning a visit to Louisiana Family Fitness Center? Keep in mind that a **membership is required** to access the full suite of offerings. The affordable pricing allows families to benefit from a comprehensive range of services beyond what is typically found at other gyms. With options for group classes, including water aerobics and spin classes, members can easily mix up their routines!

Community and Accessibility

The welcoming atmosphere is one of the highlights of this gym. Many members appreciate the friendly staff who go out of their way to assist, making visitors feel like part of a family. As one member stated, "I feel like a family member when I walk in." However, it's important to note that experiences can vary with staff interactions. While many employees are helpful and approachable, some members have mentioned that certain staff do not always make themselves available for assistance. Feedback from the community is valued, and management is always open to suggestions for improvement.

Why Choose Louisiana Family Fitness Center?

Louisiana Family Fitness Center isn't just about fitness; it's about creating a supportive environment where individuals and families can thrive. From spacious workout areas to various fitness programs, every visit is an opportunity to improve health and well-being. With a strong focus on cleanliness and organization, the facility ensures a safe environment for everyone, including those who may have concerns regarding safety protocols. Testimonies from long-time members often highlight the positive changes to their lives due to the motivation they receive from being part of this community. In conclusion, whether you're looking to improve your physical health or just want a place where your family can stay active together, Louisiana Family Fitness Center in Opelousas checks all the boxes. With its diverse amenities and commitment to accessibility, it truly offers something for everyone.

We are found at

336 Heather Dr, 70570 Opelousas, Louisiana - United States (US)

The contact phone of said **Fitness center** is +1337-942-1326

And if you want to send a WhatsApp, you can do so at +1337-942-1326

Visit us during the following hours:

Day Hours
Monday
12–5?PM
Tuesday
5?AM–9?PM
Wednesday
5?AM–9?PM
Thursday
5?AM–9?PM
Friday
5?AM–9?PM
Saturday
5?AM–8?PM
Sunday
6:30?AM–5?PM

The website is Louisiana Family Fitness Center

In case you want to adjust any information that you consider is not correct regarding this site, we urge you to deliver a message so we can we will handle it at the earliest convenience. In advance we appreciate it.

Images



Louisiana family fitness center street view 360deg



Louisiana family fitness center opelousas



Louisiana family fitness center map



Louisiana family fitness center gym



Louisiana family fitness center fitness center



- 

Water Aerobics
Non-impact, soothing exercises and stretches. This is a great class for beginners.
- 

Aerobics
Exercises choreographed and performed to energetic music to keep your heart rate elevated. The different levels of aerobics are beginners, intermediate and advanced. Water and step aerobics also available.
- 

Indoor Cycling
Choreographed routines performed on an indoor cycle.
- 

Group Strength Classes
Toning exercises targeting all major muscle groups performed to music. This class replaces a visit to the weight room.
- 

Pilates
Mat exercises that help to tone your core muscles while improving your posture, flexibility, strength and balance.
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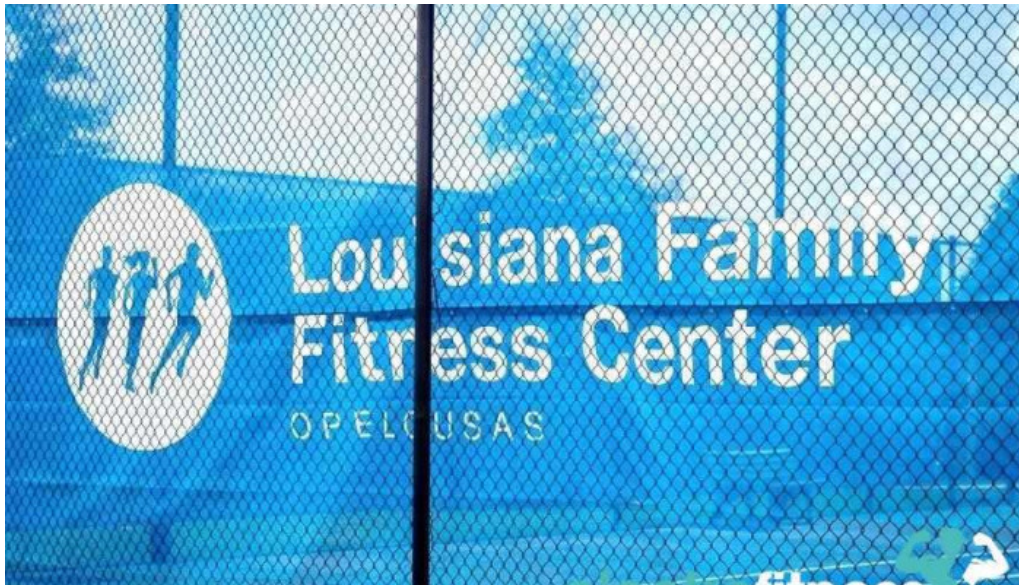
Yoga
Mind and body floor and standing exercises to soft music.



Services offered:

- Structured exercise classes with certified instructors
- Personal training with certified trainers
- Indoor cycling
- Large weight room
- Cardio room
- 24 hour room with weight equipment and cardio machines
- Tanning beds
- Child care available
- Indoor heated pool — handicap accessible
- Outdoor pool — heated in winter months for lap swimming
- Wet areas — steam room, sauna, whirlpool
- Massages available by appointment
- Racquetball, Wallyball and basketball

Louisiana family fitness center by owner



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Tags

Child care, Basketball court, Has a tennis court, Amenities, Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility, Good for kids, Planning, Membership required, Children

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