

F.i.f.t.h. Quarter Performance - Lufkin

lufkin

☐ I'm not a robot



Published on: 30/05/25	Hits: 315
Comments: 0	See comments
Votes: 35	Score: 4.8

https://www.electrofitness.com/gym/lufkin/f-i-f-t-h-quarter-performance-lufkin_355891.php



lufkin

F.i.f.t.h. Quarter Performance - Lufkin

Discover F.I.F.T.H. Quarter Performance in Lufkin, Texas

F.I.F.T.H. Quarter Performance is not just a gym; it's a community hub for fitness enthusiasts in Lufkin, Texas. With an array of ****on-site services**** and amenities, this gym caters to a diverse clientele and is dedicated to helping everyone achieve their health and fitness goals.

State-of-the-Art Facilities

This facility boasts a fully equipped ****basketball court****, ideal for athletes looking to hone their skills or simply enjoy a game with friends. The gym also

features **free weights** and **unique machines** designed to support various workout routines. Members have access to **Wi-Fi**, making it convenient to track workouts and connect with others. For those with mobility challenges, F.I.F.T.H. Quarter Performance ensures **accessibility** throughout the facility. This includes: - A **wheelchair-accessible entrance** - A **wheelchair-accessible toilet** - A **wheelchair-accessible car park** These thoughtful features create an inviting atmosphere for all.

Community and Support

F.I.F.T.H. Quarter Performance proudly identifies as **Black-owned** and **women-owned**, reflecting its commitment to diversity and inclusion. The gym creates a welcoming environment where members feel like family. According to many patrons, the staff at F.I.F.T.H. are exceptionally friendly, knowledgeable, and genuinely care about their clients' success. Clients have shared their experiences, highlighting how Ivorie Ford and her team provide top-notch mentorship and support. One satisfied member remarked, "Coach Ford is awesome! This company surpasses expectations – professional staff along with impeccable client care!"

Class Offerings and Appointment Planning

To meet the needs of busy schedules, F.I.F.T.H. Quarter Performance offers **online classes** and various training sessions requiring an appointment. Whether you're interested in HIIT workouts or personalized training plans, there's something for everyone. Patrons especially appreciate the youth athlete programs, which have helped many children grow both on and off the court. However, some members have expressed a desire for earlier opening hours as a way to better accommodate their busy lifestyles. Despite this, the overall sentiment remains positive, with many recommending the gym to newcomers looking for a supportive and clean environment.

A Commitment to Cleanliness and Quality

Cleanliness is a top priority at F.I.F.T.H. Quarter Performance, with many users emphasizing that the gym is always well-maintained and organized. "If cleanliness is important to you, this is the place for you," mentioned one client, reinforcing the gym's commitment to providing a healthy space for its members.

Conclusion

In conclusion, F.I.F.T.H. Quarter Performance stands out as an exceptional fitness facility in Lufkin, Texas. With its focus on community, accessibility, and member satisfaction, it's no wonder that so many individuals have chosen this gym as their fitness home. Whether you're a beginner or an experienced athlete, F.I.F.T.H. Quarter Performance has everything you need to reach your goals—making it a highly recommended destination for anyone looking to

enhance their fitness journey.

We are located at

2109 W Frank Ave, 75904 Lufkin, Texas - United States (US)

The phone number of the mentioned **Gym** is +1936-233-6497

And if you want to send a WhatsApp, you can do so at +1936-233-6497

Our public attention hours are:

Day Hours
Monday
5?AM–12?AM
Tuesday
5?AM–12?AM
Wednesday
5?AM–12?AM
Thursday
5?AM–5?PM
Friday
5?AM–12?AM
Saturday
5?AM–12?AM
Sunday
5?AM–12?AM

The website is F.I.F.T.H. Quarter Performance

In case you want to adjust any information that you consider is incorrect concerning this page, please send a message and we will fix it promptly. Thank you in advance thank you very much.

Images

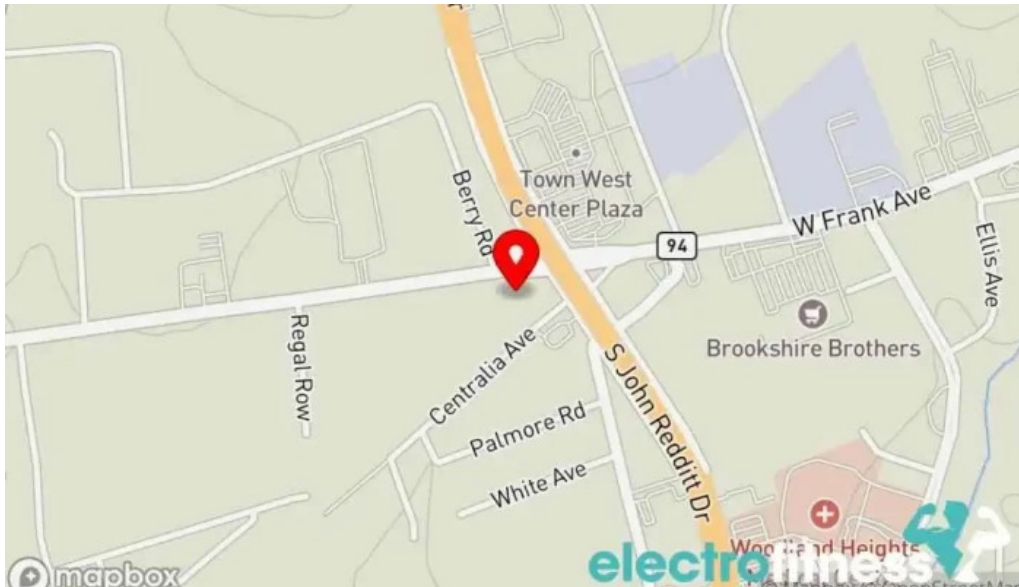
electro



Fifth quarter performance videos



Fifth quarter performance street view 360deg



Fifth quarter performance map



Fifth quarter performance gym



Fifth quarter performance all



F i f t h quarter performance lufkin

Tags

Accessibility, On-site services, Toilet, Wheelchair-accessible entrance, Online classes, Basketball court, Wi-Fi, Wheelchair-accessible toilet, Planning, From the business, Appointment required, Amenities, Service options, Identifies as women-owned, Wheelchair-accessible car park, Identifies as Black-owned

Related content

5.0 * [Ignition Performance Coaching - Fort Wayne](#)

5.0 * [Ap7 Performance - La Vale](#)

5.0 * [Gf Performance Lab - Santa Clarita](#)

5.0 *	<i>Next Level Performance - Oliver Springs</i>
5.0 *	<i>Primal Performance - Denver</i>
5.0 *	<i>Yakima Sports Performance - Yakima</i>
4.7 *	<i>Performance Fitness Training Hanover - Hanover</i>
5.0 *	<i>Inspired Performance Fitness Studio - Lafayette</i>
4.9 *	<i>F13 Performance - Allentown</i>
5.0 *	<i>Barton Performance - South Lake Tahoe</i>

Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
athletic track
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club

boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain

gated community
general hospital
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization

nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
specialized clinic

sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization