



spoga

fitnesscenter

# CLUB INFO

811 C M FAGAN DR  
HAMMOND, LA 70403



# CLUB HOURS

MONDAY - THURSDAY 4:00 a.m. - 9:30 p.m.  
FRIDAY 4:00 a.m. - 8:00 p.m.  
SATURDAY 6:30 a.m. - 5:00 p.m.  
SUNDAY 9:00 a.m. - 5:00 p.m.

# CLUBHOUSE

MONDAY - THURSDAY 8:00 a.m. - 1:00 p.m.,  
3:30 p.m. - 8:00 p.m.  
FRIDAY 8:00 a.m. - 1:00 p.m.,  
3:30 p.m. - 6:30 p.m.  
SATURDAY 8:00 a.m. - 12:00 p.m.

# HOLIDAY HOURS 2020

NEW YEARS DAY	9:00 a.m. - 12:00 p.m.	THANKSGIVING EVE	4:00 am - 4:00 p.m.
MARDI GRAS	5:00 a.m. - 2:00 p.m.	THANKSGIVING	Closed
EASTER SUNDAY	Closed	CHRISTMAS EVE	5:00 a.m. - 2:00 p.m.
MEMORIAL DAY	5:00 a.m. - 2:00 p.m.	CHRISTMAS DAY	Closed
4TH OF JULY	5:00 a.m. - 2:00 p.m.	NEW YEARS EVE	5:00 a.m. - 2 p.m.
LABOR DAY	5:00 a.m. - 2:00 p.m.		

## CLUB AMENITIES

Club members have access to all group exercise classes, outdoor heated pool, aquatics classes, steam rooms, spacious locker rooms, basketball court, discounted basketball league fees, access to childcare, personal training, small group training and The Power Bar benefits.

## GROUP EXERCISE

Unlimited classes! Let music and highly-motivated instructors guide you through a powerful workout, every day. All fitness levels are welcome! Please bring a water bottle, floor mat (flow/barre). Group exercise class schedule can be found at [spoga.fc.com/classes](http://spoga.fc.com/classes). Aquatics classes included.

## BE OUR GUEST

Be our guest! Guests are welcome to enter the club with a 1-day or 1-week pass. All guests must check in at the front desk to complete the general liability fitness waiver and complete payment.

## MEMBERSHIPS

**Single:** Individuals 14+ years

**Dual:** Two adults in same household (or 1 adult, 1 child 10+ years)

**Family:** Up to four adults 10+ years. Fourth family member joins membership free of charge. Must live in same household.

**Corporate:** Membership options for local businesses are available. Contact the membership team for additional info.

**Student:** 18-25 years with current class schedule.

**Senior:** 65+ years

**Dual Senior:** Married seniors (65+ years)

## AQUATICS

Enter the club & take a left or exit the locker rooms to find an outdoor heated pool with junior olympic length swim lanes, a junior swim lane, shallow shelf for sun lounging & splash area for toddlers.

## ACCESS TAGS

All members must scan access tag to enter Spoga Fitness Center. Unauthorized/declined card authorization will notify the front desk upon entry immediately.

## SMALL GROUP TRAINING PERSONAL TRAINING

SGT (Small Group Training) is affordable small group training with 5-12 other members. Intimate, challenging and guarantees results with proper form, this is a guided workout developed by your trainer. \$12 per class.

People want to feel motivated. But motivation is not in the *feeling*, it is in the *doing*. Let our training team give you the accountability, motivation and resources you need to get results you desire. Visit the front desk or call (985) 345-2453 to begin scheduling personal training sessions.

## GYM EQUIPMENT

We've got it all. State-of-the-art strength and cardio equipment, diverse and expansive free weight areas, squat racks, assisted squat racks, Smith machines, (vertical, horizontal, angled) cables, dumbbells, kettle bells, bands, balls, jump ropes, indoor cycling, TRX equipment (boxing room), weighted ropes, stair climbers,

## CHILDCARE

The Clubhouse is the place to be for children 6 weeks to 10 years old. Includes daily crafts, movies and a caring, careful staff who ensures a positive experience. Your child's safety is prioritized in a welcoming environment. Play in the court area is permitted for children 3+ years when the court is available and at the discretion of each parent. Childcare rules are enforced and required to participate. Children with a temperature of 99 degrees, cough, constant runny nose, eye drainage, rash, or experiencing fatigue will not be permitted until they are cleared for 24 hours without symptoms. After 20 mins, if your child is upset or has separation anxiety, the parent will be notified by a club manager during their visit.

## THE POWER BAR

Smoothies, salads, sandwiches, coffee, immune-boosting shots - the healthiest options for maximum nutrition. We can't wait to serve you! The Power Bar is powered by Power Foods Company – creators of *The Power Cookie* and *Power Bites* – whose products can be found retailing in 40-plus locations in Louisiana (Hammond, Ponchatoula, Mandeville, Covington, New Orleans, Lake Charles, Laplace, Belle Chasse and more), Texas and Mississippi. Please visit [powerfoodscompany.com](http://powerfoodscompany.com) for company information, wholesale information, vendor and retail partnership inquiries and contact information.

## YOUTH 10-13

Pre-teens can be added to membership after completing a youth certification, allowing them to be permitted on the gym floor with parental supervision. Youth certifications can be scheduled at the front desk.

## LOCKER ROOMS

Lockers and steam rooms are complimentary for all members during their visits. Lockers can be rented monthly to store items overnight with an assigned locker and customized passcode.

Children of 5+ years are not permitted to enter locker room of the opposite sex. Family changing rooms are available near the front desk, if needed. Clothing, shower towels or swim wear is required while in locker room and steam room.

## TOWELS

Towel service is available. We provide a sanitized sweat and shower towel for each and every workout for \$10/month.

## ATTIRE

Proper clothing and footwear is required inside the club at all times. Opened-toe shoes or sandals are prohibited on gym floor. Tennis shoes are required while exercising. Shirts all required for all members at all times.

## BASKETBALL COURT

We provide a professional basketball environment and organized structure for our players. Our gym rules, league rules, regulations and policies were constructed with those intentions. Rules are enforced, any disruptions result in termination of membership.

## MEMBERSHIP FREEZE

Memberships can be placed on hold for \$12/month for non-medical reasons after completion of the initial 12 month commitment. Medical freezes are available with documentation for up to 3 months.

## ADD A MEMBER

Membership adjustments are available to families living in the same household. Adding a member is subject to paying the difference in registration and the remainder of the current month at the time of joining.

## CANCELLATION

Annual memberships are eligible for cancellation once initial contract is fulfilled. All cancellation requests require a 30-day notice emailed to [info@spogafc.com](mailto:info@spogafc.com).

## REPAIRS & INCIDENTS

Members are required to place a credit card on file for club account charging privileges & damage fees. Court sheetrock damages are subject to \$150 per incident. Any damages on the gym floor, childcare or outdoors will be assessed, if needed. Member will be responsible for cost of replacing equipment & repairs.

## SMOKING

Smoking is not permitted on the premises, including near the outdoor pool, parking lot and around the building.

## OUTDOOR RUNNING

A trail is available outdoors - take a left at the top of the drive to red light, take a left onto JW Davis Dr - follow path leading back towards the fitness center. 1 lap = .85 miles

## BIRTHDAY PARTIES

We can't wait to celebrate with you! All party guests can arrive 15 mins prior to birthday party. Guests must depart no later than 15 mins once the party has ended. Parties include a lifeguard, party attendant and a party planner. Parental supervision is required for all children while swimming.

## EVENTS

The outdoor pool area is available for private rental. Contact the club for event details & more information.

## ACCOUNT ACCESS

Access your account online to make a payment or update billing information at your convenience.

- Go to link:  
<https://clients.mindbodyonline.com/classic/ws?studioid=40639&stype=-2&subTab=info>

- Press "My Info"
- Click on "Edit billing"
- Update billing information and press save.

Make a payment

- Go to link:  
<https://clients.mindbodyonline.com/classic/ws?studioid=40639&stype=45>
- Type in custom amount
- Press "Submit"



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**985-345-2453**

Membership: ext 1

Power Bar: ext 2

Email: [info@spogaafc.com](mailto:info@spogaafc.com)

Web: [spogaafc.com](http://spogaafc.com)