

DOWNTOWN

FITNESS

Membership Packet & Information

CONTACT US:

PHONE: (850) 512-1966

EMAIL: checkin@fbctlh.org

ADDRESS: 115 S Duval st, Tallahassee
FL

GYM HOURS

MONDAY	7am – 7pm
TUESDAY	7am – 7pm
WEDNESDAY	6am – 5pm
THURSDAY	7am – 7pm
FRIDAY	6am – 7pm
SATERDAY	closed
SUNDAY	closed

DOWNTOWN FITNESS

RESERVATION POLICIES AND PROCEDURES

- ☐ Reservations can only be made by members*. (The member that makes the reservation has to be participating on the court along the others in the group)
- ☐ Reservations can be made up to 5 days in advance during the week. (Weekends count towards the 5 days)
- ☐ Reservations are for one-hour times slots. (You are welcome to continue playing when your hour ends if no one else has a reservation after you and the court is empty)
- ☐ Please reference basketball and pickleball weekly schedule to find available reservation times. (Please note that some timeslots are only available for half court reservation)
- ☐ Any guest or member w/o a court reservation is still welcome to use the facility but should call ahead to ensure that there is a court available for use.
- ☐ Please be aware that while the facilities are rented out the courts will not be available for reservations.

*Member is defined as having a Downtown Fitness membership and/or a FBCTLH Downtown Fitness membership

FITNESS CLASSES

12:10pm - 12:50pm

MONDAY - Circuit Training

A circuit training workout using Nautilus machines involves a series of timed or rep-based exercises on various Nautilus resistance machines, targeting different muscle groups, with minimal rest between stations to provide a comprehensive and efficient full-body strength and conditioning workout.

Located on 2nd floor.

TUESDAY - Upper Body Sculpting

An upper body sculpting group fitness class is a structured workout session focused on toning and strengthening the muscles of the upper body, including the arms, chest, shoulders, and back, using a variety of resistance exercises and equipment. Located on the 4th floor.

WEDNESDAY - Boot Camp

A boot camp-style workout is an intense and structured fitness session that combines various high-intensity exercises such as calisthenics, cardio drills, and strength training, conducted in a group setting to promote teamwork and motivation. Located on the 4th floor.

THURSDAY - Lower Body Sculpting

A lower body sculpting group fitness class is a structured workout session dedicated to toning and strengthening the muscles of the lower body, including the legs, glutes, and core, utilizing a combination of resistance training and targeted exercises. Located on the 4th floor.

FRIDAY - Movement / Stretching

A stretching workout class is a session designed to improve flexibility, reduce muscle tension, and enhance overall range of motion through a series of static and dynamic stretching exercises, promoting relaxation and improved mobility. Located on the 4th floor.

A step workout class is a high-energy fitness session that utilizes a raised platform or step to perform a variety of rhythmic aerobic movements and lower body exercises, enhancing cardiovascular endurance and lower body strength. Located on the 4th floor.

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BASKETBALL DAILY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	sun
6:00 AM			Full Court		Full Court		
7:00 Am	Full Court	Full Court	Full Court	Full Court	Full Court		
8:00 AM	Full Court	Full Court	Full Court	Full Court	Full Court		
9:00 AM	Half Court		Half Court		Half Court		
10:00 AM	Half Court		Half Court		Half Court		
11:00 AM	Half Court		Half Court		Half Court		
12:00 PM	League	Full Court	League	Full Court	League		
1:00 PM	League	Full Court	League	Full Court	League		
2:00 PM	Half Court		Half Court		Half Court		
3:00 PM	Half Court		Half Court		Half Court		
4:00 PM	Half Court		Half Court		Half Court		
5:00 PM	Half Court				Half Court		
6:00 PM	Half Court				Half Court		
7:00 PM	Half Court				Half Court		

PICKLEBALL DAILY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	sun
6:00 AM							
7:00 Am							
8:00 AM							
9:00 AM	Half Court	Full Court	Half Court	Full Court	Half Court		
10:00 AM	Half Court	Full Court	Half Court	Full Court	Half Court		
11:00 AM	Half Court	Full Court	Half Court	Full Court	Half Court		
12:00 PM							
1:00 PM							
2:00 PM	Half Court	Full Court	Half Court	Full Court	Half Court		League
3:00 PM	Half Court	Full Court	Half Court	Full Court	Half Court		League
4:00 PM	Half Court	Full Court	Half Court	Full Court	Half Court		League
5:00 PM	Half Court			Full Court	Half Court		
6:00 PM	Half Court			Full Court	Half Court		
7:00 PM	Half Court			Full Court	Half Court		

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SNACK PRICES

SNACKS

Chips	\$1.00
Crackers.	\$1.00
Candy	\$1.00
Nature Valley.	\$1.25
Cliff / Kind Bars	\$1.50

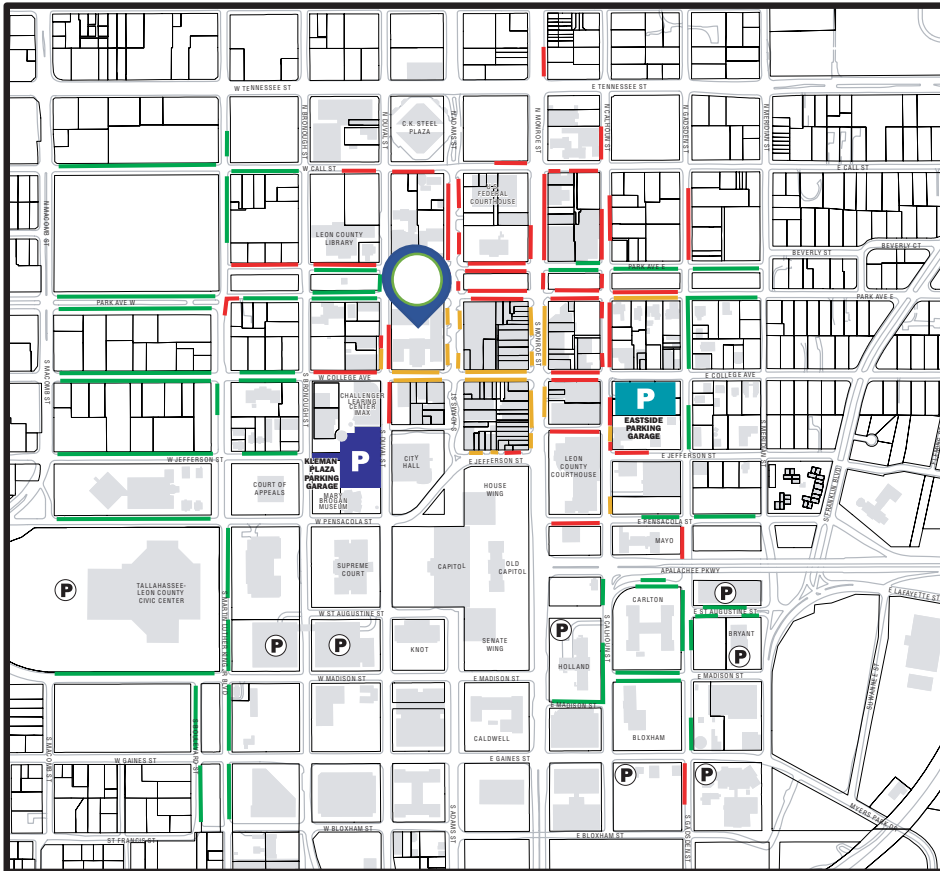
DRINKS

Bottled Water	\$1.00
Sparkling ICE	\$1.50
Gatorade	\$1.50
Celsius	\$2.00
Protein Shake	\$2.00

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DOWNTOWN PUBLIC PARKING



ON STREET METERS

- ONE HOUR OR LESS
- TWO HOURS
- FOUR HOURS

CITY OF TALLAHASSEE PUBLIC PARKING GARAGES

P **EASTSIDE PARKING GARAGE**
(Enter on Calhoun)

P **KLEMAN PLAZA PARKING GARAGE**
(Enter on Bronough or Duval)
FIRST 30 MINUTES FREE

P PUBLIC LOTS/SPACES



For More Information
Economic Development Department
(850) 891-8886



Tallahassee
Downtown
Improvement
Authority

Downtown Improvement Authority
(850) 224-3252

Downtown Fitness
115 South Duval Street
Tallahassee, FL 32301
Phone: 850.222.5470



Membership Registration Agreement

In enrolling at Downtown Fitness, the participant understands that he/she attending the programs and using Downtown Fitness and the facilities does so at his/her own risk. Downtown Fitness and its owners, employees, or agents shall not be liable for any damage whatsoever arising from any personal injury or property loss sustained by participants with his/her family in or about any program on the premises. Participants and parents assume full responsibility for all injuries and damage that occur in or about any programs on the premises. He/She does hereby fully and forever release, discharge, and hold harmless Downtown Fitness, all associated facilities, and its owner, employees, and agents from any and all claims, demands, damages, or rights of action, present or future, resulting from any person's participation in any programs or use of the facility. In addition, he/she agrees to follow the rules of conduct and play set by Downtown Fitness. Furthermore, no professional services, including sports or physical fitness training, are allowed within the facility without the written permission of Downtown Fitness management. Failure to comply may result in suspension from participation.

Consent: I, the undersigned parent or guardian/participant, do hereby grant authority to the staff at Downtown Fitness to render a judgment concerning medical assistance or hospital care in case of an accident or illness during my absence. I do hereby authorize Downtown Fitness and its assigned to utilize any and all photographs, pictures, or other likeness of me or anyone assigned guardianship to me, as they deem appropriate in its promotional materials or team films.

By signing, I accept the terms and conditions.

Signature Consent: _____

Date: _____

Personal Information

Name:	Date of Birth:
Sex:	Home/Work Phone:
Address:	Email:
City:	FBCTLH Church Member (circle): Yes or No
State:	T-Shirt Size
Zip:	Payment Method (circle): Cash, Card, or Check

