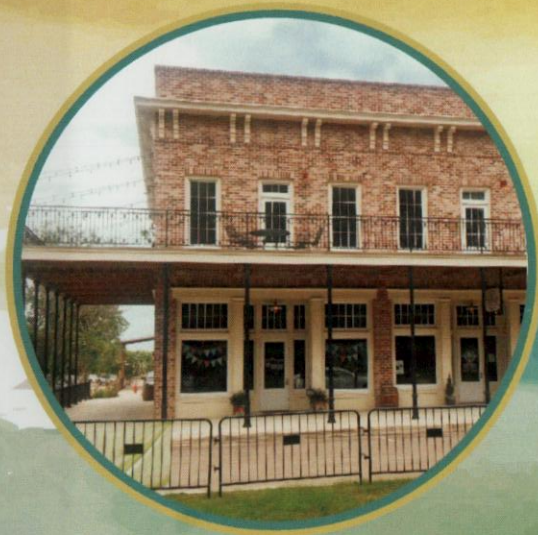


# Livingston Institution Fitness Extension



**601-927-3208**

116 Livingston Church Road  
Building J  
Flora, MS 39071

**[www.lifefitms.com](http://www.lifefitms.com)**

## Hours

**Monday-Thursday  
4:30 AM - 10:00 PM**

**Friday  
4:30 AM - 8:00 PM**

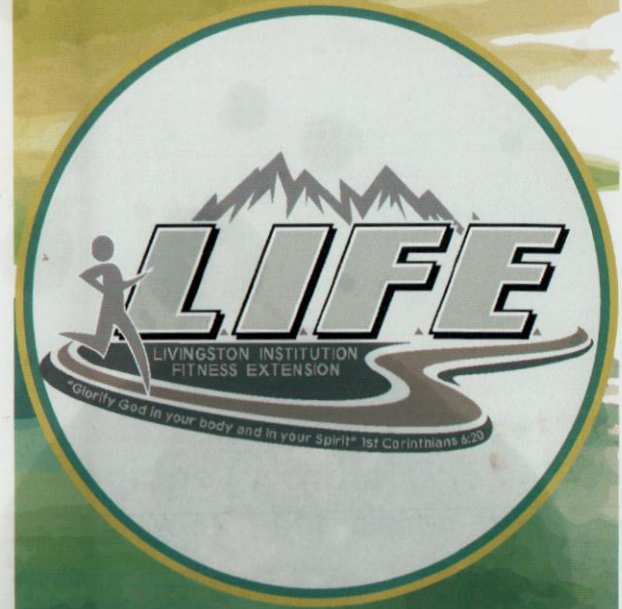
**Saturday  
6:00 AM - 6:00 PM**

**Sunday  
1:00 PM - 6:00 PM**



**Give me 5 hours a week  
and I'll change your life forever!**

**#promise**



## Features include:

**Childcare (ages 0 - 12)**

**Monday - Friday:**

8:00 AM - 12:00 PM, 3:30 PM - 7:00 PM

**Saturday: 8:00 AM - Noon**

**Free Nutritional Consults  
and Free Health Consults**

**Certified Personal Trainers  
and Certified Group Trainers**

**3.5 mile running, biking,  
walking trail  
(asphalt and hard dirt)**

**Balcony above Livingston  
for our members' enjoyment**

**Brand new Cybex and Life  
Fitness (Hammer) equipment  
(both cardio and free weights)!**

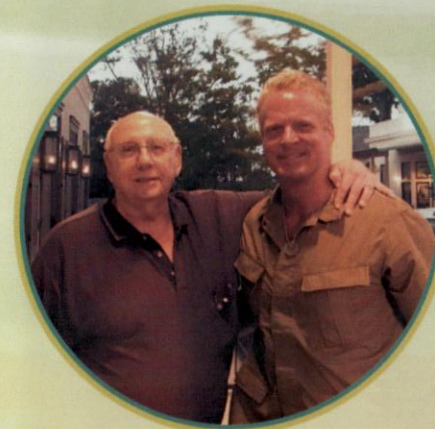


## Unlimited Classes

*Spin                      Bodypump*

*Yoga                      Group Power*

*Sunrise Yoga (on balcony)*

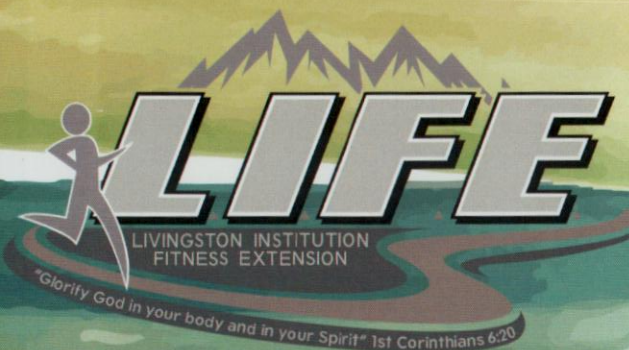


**See Anson B. Walker**

**601-927-3208**

**anson@lifefitms.com**

**www.lifefitms.com**



## Discounts:

*Student                      Military*

*Teacher                      Police*

*Senior                      Fireman*

*And Out of Town!!!*



**Gordan Weir - Club Director**