

# Everyone Fits at GiGi's



GiGi's wants to be *YOUR* fitness center. We know that staying healthy and fit is an issue everyone struggles with, no matter our size or age. That's why our professional staff of Master Trainers can help create personalized plans that are made specifically for your individual health and fitness needs. Working out shouldn't feel intimidating, it should be invigorating. Let GiGi's get you on the path to a healthy life and increased self confidence.

Voted "Best Place to Work Out" by Times of Southwest Louisiana 11 years running, discover what GiGi's can do for you:

- MindBody Classes— Pilates, Yoga, Body Sculpting, BodyFlow, BodyPump, BodyStep
- Seniors Group Fitness Classes
- Personal Training
- Free Nursery and Pro Shop (Nelson location)

**Don't settle for less when it comes to your health. Choose GiGi's Because You Expect More.**

**4429 Nelson Road • 474-6601**

5 am to 9 pm, Monday – Friday

8 am to 5 pm, Saturdays

9 am to 5 pm, Sundays

**709 Ryan Street • 310-5110**

5 am to 9 pm, Monday – Thursday

5 am to 8 pm, Fridays

8 am to 3 pm, Saturdays

**GiGi's Fitness Centers**



**CHRISTUS.  
ST. PATRICK**  
Hospital