

WINNERS Gymnasium

MEMBERSHIP

Membership is available to the public. Use of Winners Gym floor as well as participation in fitness and wellness classes is included in membership cost.

Individual Membership:

Registration fee: \$35

Monthly fee: \$25

Family Membership:

Registration fee: \$45

Monthly fee: \$35

Senior Citizen or Teen:

Registration fee: \$20

Monthly fee: \$15

Drop In Rate: \$3

Membership includes a tour of the facility, an overview of the fitness center and an equipment orientation.

We welcome rental contracts for basketball and volleyball use.

For RENTAL information please call:
253-272-6079



Hours of Operation:

Monday	8am - 9pm
Tuesday	8am - 9pm
Wednesday	8am - 9pm
Thursday	8am - 9pm
Friday	8am - 5pm
Saturday	8am - 5pm
Sundays	CLOSED

*Winners Gym —
Combining Christian faith & fitness*



WINNERS Gymnasium

810 East Harrison
Tacoma, WA 98404

Phone: 253-272-6079

E-mail: tacomachristiancenter@comcast.net



Where everyone can win!



WINNERS is a state of the art gymnasium owned and operated by Tacoma Christian Center, a non-denominational church.

Winners Gymnasium is a faith based fitness center in Tacoma Washington where divine inspiration meets perspiration. Our goal is to attract and inspire a belief that our bodies are a temple for the Holy Spirit and therefore to be used to honor God (1 Corinthians 6:19-20)

Winners Gymnasium hosts a wonderful fitness mezzanine that overlooks the spacious gymnasium. The fitness center offers a free weight area with a cable machines, a power rack, dumbbell rack, curl bench and more. The fitness mezzanine also houses a cardio area including recumbent bikes, elliptical trainers, treadmills and a step machine. Along the back wall is an array of professional weight machines to work every muscle group.



Fitness & Wellness Classes:

Morning Walk with Mike –

Start your day right; join our professional trainer Mike Williams for a time of moderate walking and Godly motivation. Classes do include basic stretching. Come dressed for weather.

Monday – Thursday 9:00-10:00

Beginners Workout –

Has it been awhile since you exercised? Revive your body with a basic stretching, toning and light cardio workout. This is a great class to kick start the healthy habit.

Wednesdays 3:00-4:00

Intermediate Conditioning –

This class makes use of our stability balls and offers a fun way to bring variety to your exercise routine. The class focuses on core muscles and strengthening.

Mondays 3:15-4:30

Tuff Stuff Conditioning –

An intense workout class that includes cardio, anaerobic, circuit training and weight training exercises to increase metabolism and improve endurance. This is an advanced training class.

Tuesdays & Thursdays 5:00-6:15 pm

Walk Live –

An indoor total body walking system based on four basic walking steps. In a Walk Live class walk 1 mile in 15 minutes, 2 in 30 minutes, 3 miles in 45 minutes or 4 to 5 miles in an hour or more !

Saturdays 9am

Winners Floor –

Winners Gymnasium's best kept secret is our professional high performance basketball court designed for quality play. If you're a basketball enthusiast give our floor a try, join us for open gym.

Wednesdays 6:15-9:00

