

Laitram for Life

The Laitram Health & Wellness Center

The Laitram for Life Fitness & Nutrition Center

5307 Toler St., Harahan, LA 70123

Features

Our Center boasts a complete line of brand new equipment to meet all of your exercise needs, including:

- Registered Dietitian Consulting at No Charge
- Precor Touchscreen Cardio Equipment
 - Adaptive Motion Trainer
 - Treadmills
 - Ellipticals
 - Bikes
- Cybex Strength Equipment
- Dedicated Free Weight Area
- Large Group Exercise Area
- Cross Functional Training Area
- Locker Rooms (Showers, Towels, Toiletries, etc.)

Group Exercise Classes

All classes are included in your membership.

- Cycling
- TRX
- Boot Camp
- Yoga
- Core
- Power Pump
- Pilates
- Zumba
- Cross Functional Training

Classes/Schedules subject to change.

Membership Rates – \$7/pay period

Payroll deducted

Personal Training Sessions

One-on-One

- 30-Minute Sessions - \$25
- One-Hour Sessions - \$40

Extended Training Program

- Twelve 30-Minute Sessions - \$120/month
- Eight 30-Minute Sessions - \$88/month

** Must provide 30-day written notice to cancel.*

Group Training Sessions

30-Minute Sessions

- 1 session/week - \$30/month
- 2 sessions/week - \$40/month
- 3 sessions/week - \$50/month

** Minimum of 2 participants/session and maximum of 5.*

** Must complete 3 individual sessions first.*

LifeStart™



KRISTIN KING

General Manager,
Registered Dietitian,
Health Coach
kking@lifestart.net

Colin Brunet

Fitness Director,
Personal Trainer
cbrunet@lifestart.net

PAM GRAEF

Personal Trainer
pgraef@lifestart.net

HOURS

Open 24/7
See Intranet for staffed hours.

To join, go to
www.lifestart.net/laitram

GET ACTIVE NOW!

All enrollees are required to sign a Membership Agreement, Policy Acknowledgment and Liability Waiver prior to starting. All services (except payroll-deducted membership fees) must be paid in full and in advance via cash, check, or credit card. All fees subject to change.

5307 Toler St. | Harahan, LA 70123
(phone) 504-570-1443 | www.lifestart.net/laitram

The Laitram for Life Fitness & Nutrition Center Frequently Asked Questions

Who operates the Center?

LifeStart is our onsite Center partner. Founded in 1991, LifeStart is a leading provider of onsite management, preventative care strategies, and wellness initiatives for company supported wellness centers. Learn more about LifeStart at www.lifestart.net/laitram.

Is the Center staffed?

Yes. Kristin King—General Manager, Registered Dietitian, and Health Coach—and Colin Brunet—Fitness Director and Personal Trainer—are on-site to help you establish and achieve your fitness, nutrition, and wellness goals.

What does my membership fee include?

Access to the Center and its amenities, as well as access to free fitness consultations (the LifeStart MyStart Program) with Colin and free nutrition consultations with Kristin. The MyStart Program includes baseline measurements, customized exercise prescription, functional movement screening, and follow-up consultation sessions to measure progress and adjust your plan if needed.

Do I need to register to use the Center?

Yes, all employees must register to use the Center. You can register online at www.lifestart.net/laitram or stop by the Center to register if you don't have computer access.

Is there an additional charge for group exercise classes (Yoga, Pilates, Cycling, TRX, etc.)?

No, group exercise classes are included in your membership fee.

Do I need to sign-up for a group exercise class?

Yes, please register before attending group exercise classes. Register through the member login online at www.lifestart.net/laitram.

How do I schedule the MyStart Program consultation when I join the Center?

You can schedule your MyStart consultation online at www.lifestart.net/laitram, stop by the Center to see Kristin or Colin, or contact them by phone (504-570-1443) or email (kking@lifestart.net or cbrunet@lifestart.net).

How do I schedule individual or group training and nutrition sessions?

You can schedule appointments online at www.lifestart.net/laitram, stop by the Center to see Kristin or Colin, or contact them by phone or email.

Is there a charge for individual or group training sessions?

Yes, see the rate schedule on the reverse side or online at www.lifestart.net/laitram.

Can out of town employees use the Center?

Yes, remote employees can access the Center at no charge when they are in town. You also can participate in the MyStart program and will receive four (4) free consultations per year with Kristin or Colin to establish and evaluate your fitness, nutrition, and wellness goals.

Can spouses or dependents use the Center?

Spouses and dependents 16 and older can meet with Kristin for nutrition consultations at no charge.