FRANCOS

VOTED BEST SUMMER CAMP DAY SPA SWIM CLUB & MORE!

FAMILY FUN GUIDE 2024

SUMMER CAMP REGISTRATION GOING ON NOW: LIMITED SPOTS AVAILABLE! CALL 985.792.0221 WHAT'S NEW AT FRANCO'S?

NORTHSHORE PICKLEBALL LEAGUE NEW INTRO TO REFORMER PILATES CLASS!



FRANCO'S SUMMER HOURS

Monday - Thursday Friday

4:45am - 9:00pm

4:45am - 8:00pm (Open til 10pm June 7 & 21)

Saturday Sunday

6:00am - 7:00pm 9:00am - 6:00pm

WATERSLIDE FUN

OPEN WEEKENDS 12-5PM

STARTING APRIL 20

OPEN DAILY 11-6PM

STARTING MAY 24

CALL FOR PRICING! 985.792.0200

YOUTH ACTIVITIES

BABYSITTER CERTIFICATION

JUNE 1-2, 9AM - 1PM (\$)

YOUTH FITNESS CLASSES

FIT SQUAD | MON & WED 9:30AM **BOOTCAMP | MON & WED 5:30PM** YOUTH ZONE30 | TUES & THUR 9:30AM

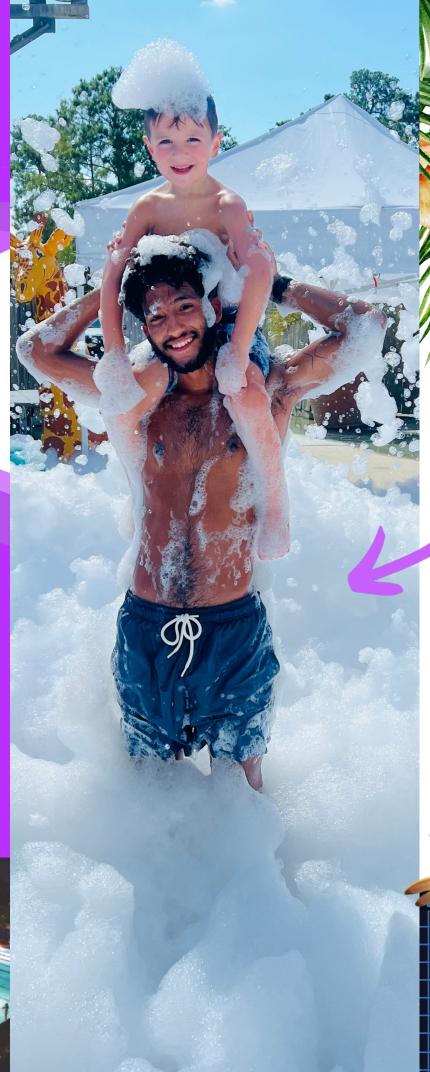
DIVE-IN MOVIE SCHEDULE

FREE FOR MEMBERS! Bring a lawn chair & relax poolside with us!

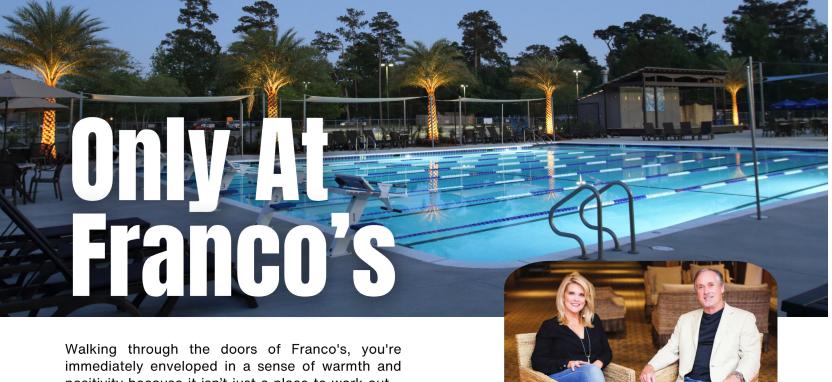
Friday Nights from 7pm-10pm! June 7 (Elemental)

June 21 (Kids Choice Movie!)









immediately enveloped in a sense of warmth and positivity because it isn't just a place to work out – it's a community where everyone is welcomed with open arms no matter where they are on their wellness journey.

"We're in the business of making people feel good."

There are so many unique elements working together that make Franco's so special. It's a place where family values reign supreme, creating a safe, comfortable, and wholesome environment where individuals can thrive. There's a place for everyone in the Franco's community and diversity and inclusion are our strengths. We're in the business of making people feel good so you will not only find various community gatherings within our walls, but unparalleled needs-specific classes like our Parkinson's Movement, Special Needs classes, and our award-winning Jo Jo's Hope program that serves the special needs community through offering swim lessons, swim team, and more.

What truly sets Franco's apart is its unique and exceptional staff. There are so many talented and caring people who work at Franco's. Two very special people, who are hands down Franco's member favorites, are Melissa Layerle and Brennan Baudot. Their interaction with members is not only heartwarming but their presence at Franco's adds so much joy for everyone.

Tracy Smith, our GroupX Director at 61, continues to inspire with her infectious personality and dynamic classes. She packs the house every time and keeps members coming back for more. She is an inspiration along with her elite team of instructors, whose classes are undoubtedly the best on the Northshore and free with membership!

Ron & Sandy Franco

Our Aquatics Director, Robby Fritscher, is leading Franco's in breaking national records and securing scholarships for high school swimmers, showcasing our commitment to greatness in every aspect of fitness.

But perhaps the most remarkable thing about Franco's is its local ownership. After 36 years in business, Ron and Sandy Franco can still be found working hard to make Franco's one of the best clubs in the country, staying true to their motto: "Never Standing Still, Always Moving Forward."

"Franco's isn't just a gym – it's a place where wellness thrives, friendships flourish, and goals are achieved in a welcoming community atmosphere."

Franco's isn't just a gym – it's a place where wellness thrives, friendships flourish, and goals are achieved in a welcoming community atmosphere." Over the years, they have watched generations of families create lasting memories. Children who have enjoyed summers at Franco's have become employees with some graduating to full time positions, while others have moved away only to move back and bring their own children to Franco's to experience the summers of a lifetime they knew and loved as kids. With its positive energy, exceptional staff, and unwavering commitment to excellence, it's no wonder Franco's stands out as a beacon of fitness and well-being in the community.

WHAT'S NEW AT FRANCO'S



Kris Keith, Chief Operating Officer

We are pleased to introduce our new COO, Kris Keith. Kris comes to us with 20 years of health and fitness industry experience from personal training, operations and even ownership. Coming with Kris are his wife Sarah and their children Dane, Kennon, Myles and Quinn. The Keith family is looking forward to weaving themselves into the fabric of the community both inside Franco's and out. You can find Kris in the club most days of the week so, don't hesitate to say hello!



Robert Herrera, Director of Racquet Sports

Robert was born and raised in Barcelona, Spain and recently relocated to Mandeville where he and his wife, Haley, welcomed their first child in July 2023. Tennis has encompassed his life since the age of two. Robert played on the ITF and ATP Tour and throughout his early tennis career was mentored by a plethora of former Top 10 players in the world such as Manuel Orantes and Albert Costa. Being a PTR and USPTA Certified Professional in Tennis, Pickleball and Platform Tennis, Robert loves to work with players of all ages and capabilities and can assist you in taking your game to the next level and gain a greater confidence in racquet sports.



Tiffany Herting, Chief Financial Officer

We are delighted to announce Tiffany Herting as our new CFO. Her career at Franco's began nearly 18 years ago with what she thought would be a fun summer job as a camp counselor. As Tiffany blossomed, so did her role with Franco's, transitioning into the childcare center, tennis desk, front desk, and business office before earning a promotion to a management role in Finance. Now, she proudly serves our Franco's Family in an expanded capacity with the same warm and friendly smile as when she first arrived in May 2006. With a wealth of experience in financial management and a proven track record of success, Tiffany is set to play a pivotal role in steering Franco's Health Club & Spa towards continued financial excellence.

COMING SOON TO THE NORTHSHORE...

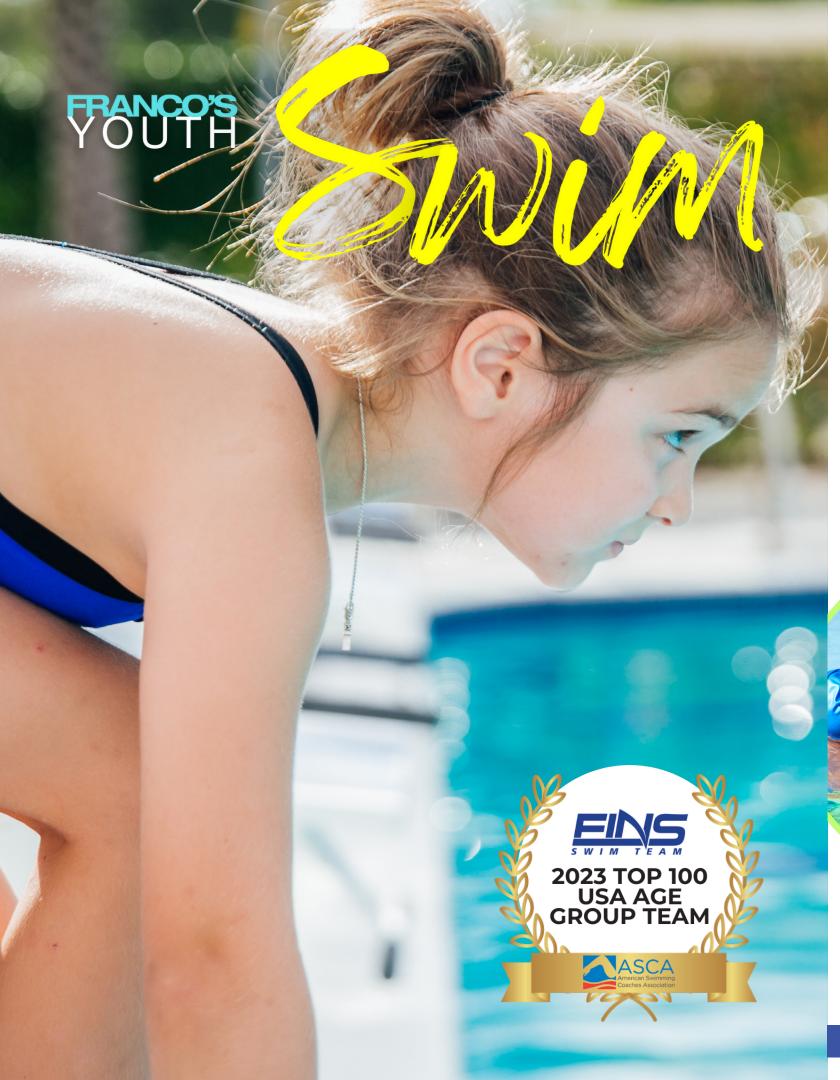






ENROLL NOW! LIMITED NUMBER OF SPOTS AVAILABLE!





WATERBABIES

Small Group Swim Lessons for Kids Under 3 Years Old!

Waterbabies is the first step of our swim lessons program. This class helps babies and toddlers become accustomed to the water with their parent!

Pre-Summer Lessons

May 20 - 23 9:30am

Summer Lessons

May 27 - 30 June 10 - 13 June 24 - 27 July 8 - 11 July 22 - 25 9:30am and 6:30pm

\$80 Members / \$97.50 Guests

One-week, 30-minute sessions, Monday - Thursday. Rain make up day is Friday.

Enroll into Waterbabies & Swim Lessons through your online Membership Portal or the Franco's app!

SWIM LESSONS

Small Group Swim Lessons for Ages 3 and up!

All levels are welcomed and progress through five levels: Ducks, Penguins, Frogs, Seals and Dolphins. They learn water safety and become more efficient in swimming while learning the various strokes. Children are evaluated on the first lesson and placed into their proper level, which is determined by a combination of age and ability. Our lessons are 1:4 ratio giving each child the best learning experience.

Pre-Summer Lessons

April 29-May 9 & May 13 - 23 10am

Summer Lessons

May 27 - June 6 June 10 - 20 *June 24 - July 3 July 8 - 18 July 22 - August 1 10am, 10:45am, 5pm, 5:45pm

*The June 24th session will run Mon-Fri, June 24 - 28 and the next week July 1 - 3 (no lesson Thu, July 4)

Post-Summer Lessons

August 5 - 15 10am & 5:45pm

SCHOONERS SUMMER SWIM TEAM

Join our Summer Swim Team!

Schooners is a recreational Summer swim team designed for diverse abilities and motivational levels to give each individual a unique swimming experience.

9 Week Summer Swim Team May 13 - July 10

Monday-Thursday 6pm starting May 13 Adding 8:30am practice May 28

Evening Practice 6pm-6:45pm (8 & under) 6:30pm-7:30pm (9 & over)

For ages 6 - 18. Price includes meet fees, end of season party fees and swim cap. Team suit, shirt, and team picture are *not* included, but can be purchased separately.

FINS SWIM TEAM

Franco's FINS, award-winning, year-round United States Swimming (USS) team is for ages 5 - 18. The FINS' Mission is to create an environment that offers support, program structure, and encouragement, allowing each athlete the opportunity to attain his or her maximum potential in competitive swimming.





Private & Semi-Private Tennis Lessons for children & adults available year-round!

Players learn proper grips, footwork, strokes, volleys, and serves during a series of drills designed to teach skills in a fun and dynamic way! In addition to developing a love of tennis, our players will learn the rules and etiquette that make tennis such an exciting game to play.

MINI PLAYERS

Ages 4-6

After-School Clinics

Now - May 23 Tuesday & Thursday 5:30pm - 6:30pm

Members: \$20/Day Guests: \$30/Day

Summer Clinics

May 28 - August 1 Tuesday & Thursday 3:30pm - 4:30pm

Weekly Fees (Members): \$25 for 1 Day \$40 for Both Days

Weekly Fees (Guests): \$30 for 1 Day \$50 for Both Days

60-FT BALLERS

Ages 7-10

After-School Clinics

Now - May 23 Monday & Wednesday 5:30pm - 7:00pm

Members: \$30/Day Guests: \$40/Day

Summer Clinics

May 28 - August 1 Tuesday & Thursday 4:30pm - 6:00pm

Weekly Fees (Members): \$35 for 1 Day \$60 for Both Days

Weekly Fees (Guests): \$45 for 1 Day

TRANSFORMERS

Ages 11-18 Jr. High / High School Rec

After-School Clinics

Now - May 23 Monday & Wednesday 4:00pm - 5:30pm

Members: \$30/Day Guests: \$40/Day



May 28 - August 1 Monday & Wednesday 4:30pm - 6:00pm

Weekly Fees (Members): \$35 for 1 Day \$60 for Both Days

Weekly Fees (Guests): \$45 for 1 Day

NEXT GEN

Competitive with Director Approval

Next-Gen is a program for the experienced tournament players.

After-School Clinics

Now - May 23 Tuesday & Thursday 4:00pm - 5:30pm

Members: \$30/Day Guests: \$40/Day



Summer Clinics

May 28 - August 1 Monday - Thursday 2:00pm - 3:30pm

Weekly Fees (Members): Daily Fee: \$35

All 4 Days: \$120

Weekly Fees (Guests): Daily Fee: \$45 All 4 Days: \$140







JUMP, BOUNCE, SLIDE AND PLAY ON YOUR SPECIAL DAY!



Choose from a variety of party themes available at FRANCO'S! Let us customize and host the perfect party for your child! All parties include pizza, drinks, and paper products.

BOOK YOUR CHILD'S PARTY TODAY!

CALL 985.792.0221 OR EMAIL YOUTHDEPARTMENTS@MYFRANCOS.COM

SPICKLE BALL

NOW OPEN!



ADULT SPORTS CLINICS

COED TENNIS

Cardio Tennis

Elevate your heart rate with this heart-pumping, feet moving cardio based tennis class. Drills and fun games to music will keep you moving for the entire hour!

Monday

8am - 9am

Wednesday

7am - 8am

Saturday

Members: \$20 / Guests: \$30

Beginner Tennis Clinic

New to tennis? Meet new people and learn the fundamentals of the game to become the strongest player you can be.

Tuesday

10:30am - 11:30am

Friday 10:30am - 12:00pm

Saturday 10:30am - 12:00pm

Members: \$20/60min, \$30/90min Guests: \$30/60min, \$40/90min

Int/Adv Tennis Clinic

Players with match experience? This is your weekend clinic! Real match situations with intensive coaching.

Tuesday, Friday, Saturday

9:00am - 10:30am

Members: \$30 / Guests: \$40

MEN'S TENNIS (BIG HITTERS)

Evening men's clinic designed to improve your tennis skills, including strategy, stroke production, and match play.

Open to all levels.

Tuesday

6:30pm - 8:00pm

Members: \$30 / Guests: \$40

LADIES TENNIS

Receive on-court instruction that will prepare you and your partner for league matches. This will give you the opportunity to practice with a new partner.

Ladies 3.0 / B Team Practice

Wednesday

9:00am - 10:30am

Ladies 3.5+/ A Team Practice

Thursday

SAVE WITH OUR CLASS PACKAGES!

> 8 pack 60-min (Save \$24)

8 pack 90-min (Save \$40)

9:00am - 10:30am

Members: \$30/ Guests: \$40

FITSWIM

FINS FitSwim is a year-round, organized and coached swim clinic for adults 19+.

Monday - Friday

5:30am - 6:30am

Tuesday & Thursday

6:00pm - 7:00pm (School Year) 5:00pm - 6:00pm (Summer)

Saturday

7:00am - 8:00am

Members Only, \$40/month for **Unlimited Classes**



FRANCOS

CELEBRATING 36 YEARS













FRIENDS & FAMILY EVENT

When your friend or family member joins Franco's, you'll both be eligible to win our fabulous Grand Prize Giveaways at our Summer Kick-Off Party on May 24!

CALL TODAY TO RECEIVE YOUR COMPLIMENTARY WEEKEND GUEST PASS!



FRANCE DES GX

ALL CLASSES INCLUDED WITH MEMBERSHIP

MONDAY

5:15am

BODYCOMBAT™

J. 1 Julii	Studio 1, 50min
7:30am	BODYCOMBAT™ Studio 1, 50min
7:30am	Gentle Yoga Mind/Body Studio
8:30am	Power Circuit Studio 1
8:30am	Aqua Fitness 6-Lane Pool
9:30am	HIIT Cycle Cycle Studio, 30mir
9:30am	Chisel Mind/Body Studio
9:35am	BODYPUMP ™ Studio 1
11:00am	SilverSneakers Studio 1
11:00am	Pilates Mat Mind/Body Studio
5:00pm	BODYPUMP ™ Studio 1
5:30pm	Studio Cycling Cycle Studio, 30mir
6:30pm	BODYCOMBAT™ Studio 1

TUESDAY

5:15am	Studio Cycling Cycle Studio
5:30am	BODYPUMP™ Studio 1
6:30am	SPRINT™ Cycle Studio, 30mi
7:30am	Zumba ® Studio 1
8:00am	Yoga Stretch Mind/Body Studio
8:30am	Total Body HIIT Studio 1
8:30am	Aqua Fitness 6-Lane Pool
9:00am	Studio Cycling Cycle Studio
9:30am	Barre Mind/Body Studio
9:30am	Blast & Burn Studio 1
10:15am	CORE™ MFT Studio, 30mir
11:00am	Tai Chi Mind/Body Studio
11:00am	Yoga Sculpt Studio 1
12:05pm	BODYPUMP™ Studio 1
4:30pm	Step Xpress Studio 1
5:00pm	Butt & Gut Studio 1, 30 min

WEDNESDAY

5:15am	BODYCOMBAT™ Studio 1
8:30am	Yoga Stretch Mind/Body Studio
8:30am	Sculpt Studio 1
8:30am	Aqua Fitness 6-Lane Pool
9:30am	HIIT Cycle Cycle Studio, 30mi
9:35am	BODYCOMBAT™ Studio 1
10:00am	Strength & Core Mind/Body Studio
11:00am	SilverSneakers® Studio 1
11:15am	Yoga Mind/Body Studio
5:00pm	BODYPUMP™ Studio 1
5:45pm	Yoga Mind/Body Studio
6:30pm	BODYCOMBAT™ Studio 1

FRIDAY

5:30am	SPRINT™ Cycle Studio, 30mi
7:30am	BODYCOMBAT™ Studio 1
7:30am	Yoga Mind/Body Studio
8:30am	Zumba [®] Studio 1
8:30am	Aqua Fitness 6-Lane Pool
9:00am	"MisFit" Cycle Cycle Studio
9:30am	Chisel Mind/Body Studio
9:35am	BODYPUMP™ Studio 1

11:00am

SilverSneakers®

Studio 1

THURSDAY

5:00am	Studio Cycling Cycle Studio
5:30am	BODYPUMP™ Studio 1
6:30am	SPRINT™ Cycle Studio, 30min
8:15am	Step Xpress Studio 1, 30min
8:30am	Aqua Fitness 6-Lane Pool
8:30am	Yoga Stretch Mind/Body Studio
0.00am	Cuts & Curves

9:00am Studio 1, 30min **Studio Cycling** 9:00am

Cycle Studio

Barre 9:30am Mind/Body Studio

Total Body Condtng 9:30am Studio 1

CORE™ 10:15am MFT Studio, 30min

Chair Yoga 11:00am Studio 1

Cardio Dance Blast 11:00am Mind/Body Studio Parkinson's Movmnt 1:00pm

Class Studio 1 Core + More 4:30pm

Mind/Body Studio

5:30pm Yoga Mind/Body Studio

SPRINT™ 6:00pm

Cycle Studio, 30min

Total Body HIIT

Yoga Mind/Body Studio

Cycle Studio, 30min

SPRINT™

Studio 1, 30min



HIGH INTENSITY, HEART-RATE INTERVAL, SMALL GROUP TRAINING

- Personal Trainer-Led Classes
- 30-minutes

5:30pm

5:30pm

6:00pm

- **Build Speed**
- Get Strong Build Endurance,
- Motivating, FUN, and Challenging!

CALL 985.792.0205

SATURDAY

8:00am

Boot Camp

	Studio 1, 45min
8:15am	Yoga - Power Flow <i>Mind/Body Studio</i>
8:15am	SPRINT ™ Cycle Studio, 30min
9:00am	Studio Cycling Cycle Studio
9:00am	BODYPUMP™ Studio 1
10:05am	BODYCOMBAT™

Studio 1 **Pilates Mat** 10:15am

Mind/Body Studio

SUNDAY

9:05am	BODYCOMBAT™
	Studio 1

Studio Cycling 9:30am Cycling Studio

 $\mathsf{BODYPUMP}^{\scriptscriptstyle\mathsf{TM}}$ 10:15am Studio 1







lifestyle boutique

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Limited Time Offer. 1 Per Customer. 1 Item Only. Exclusions Apply. Offer Expires 5/31/2024





Now Offering Medical-Grade Spa Services & Products!

ZO° SKIN HEALTH

skinbe+ter

★★★★★ VOTED BEST

Call 985.792.0250 to Book Your Appointment!



mail panel 4x2.5"

AND IT'S ABOUT TO GET BETTER. VISIT FRANCO'S FOR YOUR

CALL FOR THE FRIENDS & FAMILY DEAL 985.792.0200 OFFER EXPIRES MAY 23, 2024

BANCOS

FRIENDS & FAMILY EVENT

When your friend or family member joins Franco's, you'll both be eligible to win our fabulous Grand Prize Giveaways!

CALL TODAY TO RECEIVE YOUR COMPLIMENTARY WEEKEND GUEST PASS!

CALL 985.792.0200