

TRAIN. PLAY. RECOVER

EST



25

FITNESS
CLUBTM



3333 W HEFNER RD.



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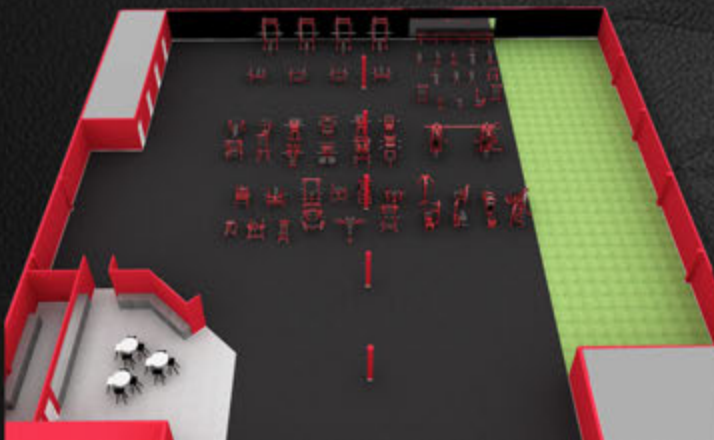
STRENGTH TRAINING AREA



OUR EXPANDED FREE-WEIGHT LAYOUT FEATURES:

- Premium dumbbells, barbells, and plates
- Olympic benches and squat stations
- Deadlift platforms and specialty bars

EXPERIENCE A FULLY REFRESHED FITNESS FLOOR





OPEN SPACE FOR ACCESSORY AND FUNCTIONAL STRENGTH WORK



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THE FITNESS FLOOR

CARDIO AND CONDITIONING EQUIPMENT

Functional training stations

Mobility and warm-up zones

A clean, open, energizing layout designed around member flow



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OKLAHOMA CITY | 405.849.9173



RECOVERY LOUNGE

COLD PLUNGES | HOT TUB | INFRARED SAUNA



RECOVERY LOUNGE

The TB Fit Club Recovery Lounge is officially complete — a space designed to help your body reset, recharge, and restore. Every detail was built with intention, bringing together comfort, calm, and performance-focused recovery tools. From the relaxing atmosphere to the equipment chosen to support mobility, muscle relief, and overall wellness, this lounge represents our commitment to giving members a place to truly unwind. Step in, slow down, and experience the new standard of recovery at TB Fit Club.



the **BLACKTEE**tm GOLF LOUNGE



BLACK TEE LOUNGE: COMING SOON

The Black Tee Lounge is currently under construction — a unique blend of premium relaxation and high-end golf simulation.

THIS UPCOMING SPACE

will feature a state-of-the-art golf simulator paired with a stylish, comfortable lounge designed for members to practice, play, and unwind. Whether you're sharpening your swing, enjoying a virtual round with friends, or relaxing in a modern, elevated environment, the Black Tee Lounge will bring a new level of experience to TB Fit Club. Stay tuned — something truly special is on the way.



4 BAYS