



Louisiana Small Business Development Center
Southeastern Louisiana University

Anytime Fitness

Hammond, LA

Tracie Spallino, Owner



- SLU SBDC Assistance
 - Business Plan Development
 - Marketing Plan Development
 - Cash Flow Projections
 - Sales Volume
- Received business loan
- Created 4 new jobs
- Started Business October 2005

“Our business is a franchise, so we received a lot of startup information from the franchisor. However, we attempted to do our own cash flows and kinda ran into a wall. The SLU SBDC gave us the direction we needed to finish our financial plan and get funding from a bank.”

- Tracie Spallino

“Anytime Fitness is a family affair. The Spallino’s are dedicated to their investment and have the planning and client traffic to prove it. Their overall commitment leads me to believe their business will be around for years to come.”

- Sandy Summers, SLU SBDC Assistant Director



Location: Southeastern Louisiana University, SLU 10522, Hammond LA 70402

Parishes Served: Livingston, St. Tammany, St. Helena, Tangipahoa, and Washington

Phone: 985 549 3831

Fax: 985 549 2127

Email: sbdc@selu.edu

The SLU SBDC is partially funded by the U.S. Small Business Administration, Louisiana Economic Development and Southeastern Louisiana University. The support given by the SBA does not constitute an expressed or implied endorsement of the cosponsors or participant’s opinions, products or services. All SBA programs are extended to the public on a nondiscriminatory basis.