



# West Jefferson Fitness Center

Serving our community for 36 years. We're keeping your safety at heart! Our fitness specialists are ready to help you achieve the results you deserve.

## Group fitness classes

- Cardio & Strength
- Chair Yoga
- Low Impact Cardio & Strength
- Senior Circuit
- Zumba | Line Dancing
- Yoga
- More

## Mind and body

- Hair salon
- Massage therapy/chair massage

## Services

- Professional fitness specialist assistance
- Cardio and weight training equipment
- Corporate wellness
- Free weight area
- Metabolism measurement
- Personal training
- Pilates reformer studio
- Health and wellness circuit
- Semi private personal training program
- Women's only area

See reverse for more information

For more information, visit  
[wjmc.org/fitnesscenter](http://wjmc.org/fitnesscenter)

20-9366-102120-V2

**West Jefferson**  
**Medical Center**  
LCMC Health

**We are taking extra precautions to make your safety our top priority. In addition to our existing safety protocols, we've added measures to help keep you well.**

### **We're keeping your safety at heart**

- Practicing social distancing of six feet
- Supplying sanitizing stations and equipment wipes around our facilities
- Performing deep cleanings to high touch surfaces
- Masking up when entering and exiting, and while not exercising.
- Wash your hand regularly

### **Locations and hours of operation**

#### **Terrytown**

175 Hector Ave.  
Terrytown, LA 70056  
504.349.6908

Monday–Friday: 5 am–7 pm  
Saturday: 7 am–3 pm  
Closed Sunday

### **Member portal**

You can manage your account, review your membership, reserve a spot in a group fitness class, check capacity, and more.

- Visit [wjmc.org/fitnesscenter](http://wjmc.org/fitnesscenter)
- Click on **"My Account"**

For questions, please call 504.349.6908

[wjmc.org/fitnesscenter](http://wjmc.org/fitnesscenter)