

Walk-ins are welcomed, Tours provided!



Medical Fitness Difference Specialists:

- Fitness assessment & Individualized exercise prescription
- Individualized orientation & demonstration
- Unique Medical fitness approach includes:
 - [Monthly Nutrition Counselling and Meal planning](#)
 - Two registered dieticians
 - Supermarket Excursion
 - Metabolism Measurement
 - Bariatric Support Group
- Fitness Advisor (Oakwood) /Fitlinxx (Marrero)
 - **Computerized tracking & training system** (Coaches you through your workout for better form, safety and confidence during every exercise and tracks your progress over time)
- [Corporate Wellness Program](#)
- Top of the line equipment/free-weight area
- Group fitness, cycling, aquatic programs
 - [Oakwood Schedule](#)
 - [Oakwood Group Description](#)
 - [Marrero Schedule](#)
 - [Marrero Group Description](#)
- [Personal Training](#)
- [Tai Chi Specialty classes](#)
- [Teen/pre teen workout](#)
- [Massage Therapy](#)
- Aquatic Center featuring Whirlpool with Saunas (Marrero)
- [Chair Massage](#)

•Other Membership Features

- Open 7 days a week
- Free Towel Service
- "Ladies only" area
- [Babysitting service](#)
- [Microdermabrasion and Photo Rejuvenation with L.E.D. Light](#)
- [Magic Tan \(Oakwood\)](#)
- [Field Trip for all ages available](#)
- [Gift Certificates available](#)

"Our family caring for your family"

West Jeff Fitness Center Invites you to join at a Special Rate!

Attractive Membership Agreements:

- **\$48 per month***
 - \$30 per week
 - \$10 per day
 - Family discount rates available
 - Paid In full membership options available
- *12 month agreement required for listed rates, paid through electronic fund transfer.



Hours of Operation

Monday – Thursday 5am – 9pm
 Friday 5am – 7pm
 Saturday 7am – 5pm
 Sunday Oakwood 7am – 3pm /
 Marrero 8am – 4pm

Note: Specialty Classes and Services are available at additional fees and by appointment.

West Jeff Fitness Center @ Oakwood
 175 Hector Avenue
 Terrytown, LA 70056
(504) 349-6908

www.wjmc.org

Visit the West Jeff Fitness Centers today!

West Jeff Fitness Center @ Marrero
 1121 Medical Center Blvd.
 Marrero, LA 70072
(504) 348-0055