The Medical Fitness Difference.

WEST JEFF FITNESS CENTER

www.WJMC.org

The West Jeff Fitness Center Now Accepts

PEOPLES HEALTH

To sign up for West Jeff Fitness Center, call Peoples Health at:

(504) 849-4690

Toll-Free: 1 (866) 553-5705

WJ Fitness Centers Offer:

- Fitness Assessment and Individualized Exercise Prescription
- Nutrition - Two Nutritionists on Staff
- Group Fitness Classes
- Top of the Line Equipment / Free Weight Area
- Personal Training
- Kids Fitness Program
- Massage Therapy
- Indoor Heated Pool featuring Whirlpool and Saunas (Marrero)
- Adult Swimming Lessons
- Flexible Hours: Open 7 Days a Week
- Free Towel Service
- Ladies Only Area

Oakwood Center
(504) 349-6908
175 Hector Ave. - Next to Oakwood Mall

Marrero Center
(504) 348-0055
1121 Medical Center Blvd.