

# West Jefferson Fitness Center



From children to seniors, it's never too early or too late to start your fitness journey.

Our fitness specialists are ready to help you achieve the results you deserve.

## Group fitness classes

More than 100 free weekly classes

- Bootcamp
- Kickboxing
- Line dancing
- Senior circuit
- Step
- Super circuit
- Tai chi
- Zumba
- Yoga
- More

## Just for kids!

- Babysitting service (Terrytown)
- Field trips obstacle course field days (on & off site)
- Kids fitness program (Terrytown)
- Personal training—Sports training
- Swimming lessons for children

## Mind and body

- Hair salon (Terrytown)
- Massage therapy/chair massage
- Microdermabrasion
- Natural manicure and pedicure

## West Jefferson Fitness Center—Marrero

1121 Medical Center Blvd.  
Marrero, LA 70072  
504.349.6164

## West Jefferson Fitness Center—Terrytown

175 Hector Ave.  
Terrytown, LA 70056  
504.349.6908

## Services

- Cardio and weight training equipment
- Corporate wellness
- Gentle yoga for cancer survivors
- Fitness assessment
- Free weight area
- Individualized exercise prescriptions
- Health and wellness socials
- Indoor heated pool featuring whirlpool and saunas (Marrero)
- Metabolism measurement
- Personal training
- Pilates reformer studio
- Swimming lessons (adults & children)

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

West Jefferson  
Medical Center  
LCMC Health