



# West Jefferson Fitness Center

Serving our community for 35 years. We're keeping your safety at heart! Our fitness specialists are ready to help you achieve the results you deserve.

## Group fitness classes

- Kickboxing
- Line dancing
- Fitness 101
- Super circuit
- Zumba
- 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 (adults & children)
- Pilates reformer studio
- Semi private health and wellness circuit
- 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
- Limiting occupancy on equipment
- Checking temperatures of all our members and staff
- Limiting workouts to 60 minutes or less per member
- Supplying sanitizing stations and equipment wipes around our facilities
- Performing deep cleanings to high touch surfaces
- Wearing a mask in all areas of our facility
- Masking up when entering and exiting, strength training, weightlifting, and transiting through the fitness center.
- Allowing members to lower their mask while in group fitness classes and while using cardio fitness equipment

### **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](https://www.wjmc.org/fitnesscenter)
- Click on **"My Account"**

For questions, please call 504.349.6908

[wjmc.org/fitnesscenter](https://www.wjmc.org/fitnesscenter)