

Family **FITNESS** Made **FUN & EASY.**



The Medical Fitness Difference.

OUR UNIQUE MEDICAL FITNESS APPROACH INCLUDES:

- Fitness Assessment and Individualized Exercise Prescription
- Individualized Orientation and Demonstration
- Group Nutrition Forums / Cooking Classes
- Nutrition Counseling (two Registered Dietitians on staff)
- Fitness Advisor (Terrytown) / Fitlinxx (Marrero)
 - Computerized tracking and training system - Coaches you through your workout for better form, safety and confidence during every exercise and tracks your progress over time.
- Top of the Line Equipment / Free Weight Area
- Group Fitness, Cycling, Aquatic Programs

- Personal Training
- Specialty Classes (Tai Chi)
- Teen / Pre-teen Workout Area
- Massage Therapy
- Aquatic Center featuring Whirlpool with Saunas (Marrero)

OTHER MEMBERSHIP FEATURES:

- Open 7 Days a Week
- Free Towel Service
- Ladies Only Area
- Babysitting Service
- Microderm abrasion and Photo Rejuvenation with L.E.D. Light
- Magic Tan (Terrytown)

Sign Up Today with No Money Down

ONLY \$48
PER MONTH*

No Initiation Fee

Senior & Family Discounts Available
\$120 Savings

Offer effective through 3/31/2009
Fitness Center criteria apply. *12-month Agreement,
paid by ETF (Electronic Fund Transfer)

3-Month Membership Special

ONLY \$145
IF PAID IN FULL

No Initiation Fee

No Initiation Fee

Offer effective through 3/31/2009
Fitness Center criteria apply.

West Jefferson Fitness Center

WORK OUT FREE
FOR ONE DAY

PER MONTH*

(\$10 value)

Offer effective through 3/31/2009
Fitness Center criteria apply.

Massage Special

ONLY \$50
(\$75 VALUE)

Gift Certificates Available

Offer effective through 3/31/2009
Fitness Center criteria apply.

175 Hector Ave.
Terrytown
349-6908



1121 Medical Center Blvd.
Marrero
348-0055