

## Fitness Center Amenities

- Treadmills
- Stationary Upright Bicycles
- Recumbent Bicycles
- Stair Climbing Machines
- NuStep Steppers
- Elliptical Trainers
- Free Weights & Machine Weights
- Shower & Locker Room
- Route 77 Outdoor Gym & Fitness Trail

## Fitness Center Amenities

- Fitness Programs
- Vital Steps Program
- Corporate Wellness Programs
- Land & Aquatic Exercise Programs
- Health Education Programs

## FITNESS HOURS OF OPERATION

Monday	5:30 a.m.	9:00 p.m.
Tuesday	5:30 a.m.	9:00 p.m.
Wednesday	5:30 a.m.	9:00 p.m.
Thursday	5:30 a.m.	9:00 p.m.
Friday	5:30 a.m.	7:00 p.m.
Saturday	9:00 a.m.	3:00 p.m.
Sunday	1:00 p.m.	5:00 p.m.

## MEMBERSHIP RATES

All new members pay a one time \$25.00 initiation fee in addition to monthly membership.

<u>MEMBERSHIP TYPE</u>	<u>MONTHLY FEE</u>	<u>DESCRIPTION</u>
Individual Adult	\$47.00	Age 26-64
Family	\$70.00	Adult w/Legal Spouse + children 15-25
Single Adult w/Legal Child/Children	\$60.00	1 adult AND child/children 15 -25
Senior	\$35.00	Age 65 & Over
Senior Adult w/Legal Spouse	\$55.00	One individual Age 65 or over
Young Adult	\$40.00	Age 15-25

## HEALTH & WELLNESS CENTER

1400 North Texana Street  
Hallettsville, Texas 77964



Feb-17

## THE FITNESS CENTER



AT  
LAVACA MEDICAL CENTER  
HEALTH & WELLNESS  
CENTER

**361-798-3671**  
**EXT. 1472**

Join today! Make a positive lifestyle change and achieve optimal fitness & overall health!

The Fitness Center at Lavaca Medical Center Health & Wellness Center is a medical-based fitness facility that not only serves fitness needs, but the overall health and wellness of its members.

Whether you're a beginner or a fitness buff, The Fitness Center has a wellness program for you!



## FITNESS

**Exercise Prescriptions**—A basic fitness and health assessment, measurements, and an orientation of the equipment to help our members meet fitness goals safely.

**Group Aquatic & Land Exercise Classes**—A variety of aerobic and body toning classes; using free weights, exercise bands, and stability balls.



## MEDICAL

**Pulmonary Rehabilitation**—A clinically supervised program that addresses pulmonary education and exercise needs. This program helps individuals suffering from COPD, Asthma, Emphysema, or other respiratory disorders.

**Dietary Counseling**—A one-on-one dietary counseling session by a dietician to support overall healthy lifestyle changes.



## TRANSITIONAL

We assist patients who need to continue, or start, an exercise program to rehabilitate an injury, disease, or other health challenge. Our goal is to help you maintain a balanced fitness program to improve your overall health and general well-being.

**Vital Steps Cardiac & Pulmonary**—A modified exercise program that includes cardiovascular conditioning, strength training, balance, flexibility, and posture.

**Orthopedic Recovery**—A customized exercise routine that improves range of motion and balance.

**Cancer Rehabilitation Recovery**—A program that helps cancer patients overcome fatigue by improving cardiovascular endurance, muscular strength, and flexibility—before, during, and after treatment.

