

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 Children=Full Time Students Living @ Home	\$70.00	Adult w/Legal Spouse + children 15-25
Single Adult w/Legal Child/Children Full Time Students Living @ Home	\$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



Aug-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 — A modified exercise program to help people with special health concerns that includes: cardiovascular conditioning, strength training, balance, flexibility, and posture. This program is designed for people with special health concerns and are unable to participate in a traditional fitness program. A Doctor's Note is required.

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.

