

Wellness Center

# Membership packages



## General membership

**\$65 per month**

(\$50 per month for each additional member in household.)

Includes access to all classes and equipment in the facility as well as an initial fitness orientation with a degreed health fitness expert.

## Exercise is medicine

**\$299 paid in full**

A 12-Week Exercise Program at The Wellness Center designed to help minimize, manage and prevent diseases, such as diabetes, hypertension, osteoporosis, cancer, back pain, heart disease and obesity.

As a participant in exercise is medicine, you will meet with a certified exercise is medicine expert for an initial fitness assessment, goal development, and exercise prescription. We'll report your participation and progress to your doctor and complete a reassessment after weeks 6 and 12. Program includes meeting with a certified exercise is medicine expert and registered dietitian every other week.

- One, 90 minute initial assessment with a certified exercise is medicine expert
- Two, 60 minute assessments at weeks 6 and 12
- One, 90 minute nutrition consult
- One, 30 minute follow up nutrition consult

## Month-to-month membership

**\$80 per month**

(Electronic funds transfer not required)

Includes all benefits of general membership

## Team training membership

**\$145 per month**

In addition to full use of the facility, this membership includes group workout sessions 2 times per week with a personal trainer and a 15% discount on all nutrition services. Each group consists of five to eight participants. You may form your own group or we will place you in a group that fits your needs. Your workout will be developed by a personal trainer to maximize calorie burn and increase metabolic rate.

## Small group training membership

**\$265 per month**

Includes two personal training sessions per week in groups of two to four and a 15% discount on all nutrition services. Pre-registration for these sessions is required and the workouts change daily. Additionally, enjoy unlimited use of the Wellness Center, unlimited use of group exercise classes and team training sessions 2-3 times per week.

### **Towel service**

**\$5 per month**

If you would like to enjoy the use of towels at the facility, add a monthly \$5 towel service to your monthly membership.

### **Monthly massage membership**

One 60-minute massage per month  
Two 60-minute massages per month

**EFT draft of \$60 per month**  
**EFT draft of \$120 per month**

### **East Jefferson General Hospital team member membership**

#### **Payroll Deduction**

Additional member from the same household  
\*Not available for PRN staff

**\$17.50 per pay period**  
**\$17.50 per pay period**

#### **Electronic Funds Transfer (EFT) Plan**

Additional member from the same household

**\$35 per month**  
**\$35 per month**

Members must be 15 years old or older. Monthly fees are automatically deducted on the 15th of every month after the one-time initiation fee of \$75 per account. For all returning members, there is a rejoin fee of \$42 per person. For all memberships, electronic fund transfers require a written, 30-day notice to stop deductions. Credit cards or bank accounts may be used for electronic transfers.

**All memberships include a 60-minute fitness orientation.**



**Call 504.503.6868 for more information.**

**3726 Houma Blvd.  
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504.503.6868**

**[ejgh.org/wellnesscenter](http://ejgh.org/wellnesscenter)**