

## Membership Fees

- \$15 per month
- \$30 Patient, Spouse and dependent children (13 to 18 years old).
- Special Pricing for 6 month paid in advance.
- Children over the age of 18 are required to obtain their own membership.
- Checking or saving account is necessary for auto draft or membership may be prepaid with debit card, credit card, cash or check.
- Membership is month to month.

## Rules and Regulations

- Participation in orientation sessions are strongly recommended and will review the proper equipment set-up and operation as well as techniques members can use to have a safe workout.
- You may bring headphones to listen to television on cardio machines.
- Towels are available upon request. You may bring your own towels as well.
- Members must clean equipment after every use, with the cleaning solution provided by the center to keep the equipment sanitized for your protection.

## LOCATED IN CITGO HEALTHY COMMUNITY RESOURCE CENTER



### Fitness Center Hours of Operation

**Monday - Thursday**  
**5am - 9pm**

**Friday**  
**5am - 2pm**

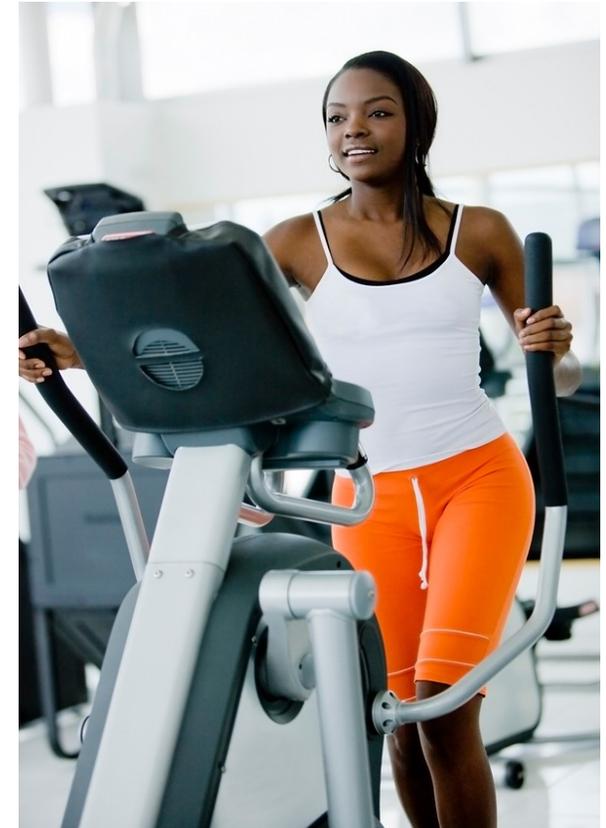
**Saturday**  
**8am-2pm**

**Ask the staff how you  
can improve your  
daily workout  
utilizing FitLinxx**

# SWLA

Center for  
Health Services

## FITNESS CENTER



**2000 Opelousas Street  
Lake Charles, LA  
337-493-5198  
337-493-5149**

*“Where you get results”*



# SWLA CENTER FOR HEALTH SERVICES FITNESS CENTER

## SERVICE THROUGH QUALITY

Welcome to SWLA Fitness Center, our goal is to provide you with the highest quality of fitness services to encourage an active and healthy lifestyle. SWLA Fitness Center was designed with you in mind.

By providing state of the art equipment, we are able to provide a blend of high quality equipment and fitness professionals to create a safe, convenient, and effective fitness environment. We are confident you as a member will appreciate the value of having a high quality fitness center located in your local community health center. Call 337-493-5198 for a free day pass and tour!

## FITNESS CENTER AMENITIES

- Exclusive access to the Fitness Center
- Strength Training Equipment
- Precor Cardio w/Personal Viewing Screens
- Locker Room and Showers
- Fitness and Aerobic Studio
- Personal Trainers on each shift



## Better Health Starts Here

### Common Fitness FAQs

**Q: How often should a person exercise?**

*A: To maintain current fitness level, exercise 2-4 days a week (at least 20 minutes) and to lose weight, 4 or more days a week (at least 30 minutes)*

**Q: What is Body Mass Index (BMI)?**

*A: It is a statistical measure which compares a person's weight and height and is used to estimate a healthy body weight based on height*

**Q: Can a person lose weight from a specific place on the body?**

*A: There is no way to target weight loss to a specific area of the body, however with proper nutrition and exercise weight loss can easily be achieved*

**Q: Should a person stretch before or after a workout?**

*A: Stretching should be done after warm up and after workout.*

**Q: How long should a person rest a muscle after a workout?**

*A: It is best to rest muscles 48 to 72 hours after lifting weights*



### PROFESSIONAL STAFF

SWLA Center for Health Services professional staff allows us to accommodate members of different ages, medical conditions, and level of experience.

Our qualified staff is prepared to work with you to develop a personalized fitness plan while providing you with education and positive support.

Professional Fitlinxx system to empower you to succeed with support every step of the way.



### CONTACT US

For more information about membership, please call 337-493-5198  
Or visit us on line at [www.swlahealth.org](http://www.swlahealth.org)