

Fitness Centers at LCMC Health

East Jefferson General Hospital Wellness Center

3726 Houma Blvd

Metairie, LA 70006

Hours: Mon – Thurs: 5am – 9pm; Friday: 5am – 8pm; Saturday: 7am – 5pm; Sunday:
10am – 4pm

EJGH Wellness Center Brochure [>>> click here](#)

Touro

Goldring Wellness Center on Touro's campus

Take elevators 1 or 2, located to the left of the Main Foyer, to the 5th Floor

Hours: Mon – Fri 6:30am – 8:00pm; Saturday 8am – 1pm

Interested in joining? Ask for Lisa Lafayette in the gym area to complete and sign a quick form and you will then be granted gym access.

University Medical Center

Hospital Fitness Center

1st Floor, off the hallway near the entrance to employee Tower 3 elevators

Hours: 24/7 Badge access granted for medical students, residents, & fellows

West Jefferson Medical Center

Marrero Fitness Center

1121 Medical Center Blvd.

Marrero, LA 70072

Hours: 5am – 9pm (7 days a week)

WJMC Public Safety Office grants badge access, upon request and completion of gym waiver
