Fitness Zone is 15,590 square feet of space dedicated to the physical wellness for the entire campus population.

The 1st floor zone, 13,792 square feet, includes two dedicated areas for free weights and an advanced lifting station.

The Fitness Studio features a MotionCage System specifically dedicated for circuit and functional training.

The Group Exercise Studio features wood floors ideal for yoga, dance, spin classes (13 spin bikes), and more.

Both studios feature video projectors to allow for educational programs, supplemental fitness instruction, and to aid exercise modality visualization.

The multi-activity gym can be utilized for basketball, volleyball, and special events.

Male, female, and gender equal locker rooms are equipped with showers, dressing area and daily use lockers.

The Frances and Bill Comegys Cardio Zone on the 2nd floor includes 1,800 square feet overlooks the multi-activity area and houses 34 units of cardio workout equipment including treadmills, upright and seated ellipticals, upright and recumbent bicycles, step climbers, and adaptive motion trainers.

Each unit in the Cardio Zone is wifi networked for a personalized experience while exercising.

Fees:
Current Students: No charge

Coming Soon:
LSUHS Faculty: $50 annual membership & $30/month fee
LSUHS Staff and Residents: $35 annual membership & $25/month fee
OLHS Staff: $35 annual membership & $25/month fee

Fitness Zone West Hours of Operation:
24 hours/day

Fitness Zone Soft Opening Hours of Operation:
Monday-Friday: 8 am – 4:30 pm
Open for current students only
*Extended hours coming soon upon grand opening for all campus.

Staff
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Frequently Asked Questions:

How do I reserve the Multi-Activity Court?
Stop by the Fitness Zone Front Desk with your ID to request a time for organized recreation activity. Private Events are scheduled through the campus scheduling process. Rec activity reservations are first-come, first-served, and up to 1 hour in length. Currently no advanced reservations are allowed; requests can be made the day of the needed reservation. If the gym is not reserved for a particular activity, it will be open to any pick-up style games.

Can I bring my own equipment?
We offer a variety of equipment for checkout including basketballs, volleyballs and volleyball net system, pickleball net system, dodgeballs, an electronic scoreboard, and cones. We do not allow outside equipment to eliminate confusion. If you have a request for specific rec equipment we don't offer, please let us know.

I don’t know where to start, can you help?
Our professional staff would be glad to sit down with you and discuss personal goals and what your daily fitness routine might look like. To schedule a time with us, please email fitnesszone@lsuhs.edu. Our selectorized weight machines also display QR codes that will link to an instructional video on how to use the respective machine, and most of the cardio machines have pre-programmed workouts for your convenience. We are always here to help.

When will you offer Group Exercise classes?
We are looking to launch a group exercise schedule summer 2024 when we fully open for all campus.

Can I bring a guest?
Currently our policy does not allow outside guests, except for private events.

Do you offer personal training?
We hope to add personal training as a paid service in the future.

What’s different about the Fitness Zone?
As busy students and health professionals, we recognize your time is short and days are long. The Fitness Zone is conveniently located to maximize your spare time so that members can capitalize on the benefits of physical activity without traveling elsewhere. The Fitness Zone is also a community-building space where colleagues can network in a different setting while sharing a common goal of improving personal fitness. Ultimately, our facility understands the unique needs of our users and aims to restore balance, renew energy, and strengthen the connection between mind and body.
Fitness Zone Policies

Member Code of Conduct
- Fitness Zone membership is available to all current LSUHS students, faculty, staff, and Oschner LSU Health employees only. Members are not allowed to bring guests.
- All users must maintain an active membership, including a signed membership agreement, to access Fitness Zone facilities.
- Fitness Zone users are expected to be responsible, courteous, and safety-conscious at all times. Disorderly conduct, abuse or misuse of the facility or its equipment, or disregard for policies, will not be tolerated.
- Member ID scan is required for entry, no exceptions. Entry to and exit from the facility must be through the first-floor front entrance. Other exits should be used for emergencies only.
- Each Fitness Zone member must scan ID individually. Using a member ID to enable access for another person is strictly prohibited and may result in loss of membership privileges.
- Special event guests are to remain in the designated areas reserved for the event.
- Gum, tobacco, alcoholic beverages, and pets are not allowed in the Fitness Zone. Drinks must be in sealed, shatter-proof containers.
- Proper attire is required at all times. A shirt and shoes are required except in the locker rooms. The Fitness Zone is not responsible for lost or stolen items.
- Code of Conduct violators will be required to leave the facility and may be subject to disciplinary action and suspended from using the facilities.

General Facility Policies
- Always use equipment properly, and for the use it was intended.
- Please wipe down equipment after use.
- Proper footwear and clothing required. No open-toed or open-back shoes or bare torsos/midriffs permitted.
- No food or gum allowed. Beverages must be in a sealed, shatter-proof container.
- Earbuds or headphones must be used with all personal music devices. No amplified music.
- Horseplay, profanity, or excessively loud or suggestive language will not be tolerated.
- Personal items must be stored in the day-use lockers. No bags allowed on the floor.
- Keep the facility clean, do not leave trash behind.
- To respect the privacy of all users, personal photography or videography is prohibited.
- Please report concerns or maintenance needs to a Fitness Zone employee.
- Any violation of these policies may lead to a prolonged and/or permanent suspension from the Fitness Zone.

Fitness Floor, Fitness Studio and Fitness Zone West Policies
- Use a spotter when attempting new exercises, or a difficult weight.
- Do not lean equipment against walls, windows mirrors, or machines.
- Do not drop or slam weights.
- Weight clips are required on all barbell lifts.
- Practice proper etiquette and be courteous to other lifters. Limit workout time to 10 minutes per piece of strength equipment if someone is waiting.
• Please return all equipment to its original location.
• Gloves are recommended for heavy bag use.
• Do not transport equipment between areas.
• If there are any questions about equipment use, please ask a Fitness Zone employee.

**Exercise Studio Policies**
• Scheduled group fitness classes have priority to the space and equipment.
• Do not interrupt a class in session.
• No bare torsos/midriffs permitted. No hard-soled shoes on the wood floor.

**Cardio Zone Policies**
• Practice proper etiquette and be courteous to other users. Limit workout time to 30 minutes per piece of cardio equipment if someone is waiting.
• If there are any questions about equipment use, please ask a Fitness Zone employee.

**Multi-Activity Court Policies**
• Proper footwear and athletic clothing required. No open-toed shoes or bare torsos/midriffs permitted. Exception: Non-athletic attire/footwear is permitted during organized events using floor covering.
• Furnishings are not to be placed directly on wood floor. Floor covering must be securely in place prior to event set up.
• The court may be used during open rec hours. Access is restricted during scheduled events.
• During open recreation, groups are limited to 30 minutes on the court if others are waiting.
• Please see a Fitness Zone employee to raise or lower the goals.
• Equipment may be checked out via the LSUHS Fitness Zone app and retrieved from the front desk. Damaged equipment or failure to return equipment may result in loss of privileges.
• The court must be booked through the front desk or for organized recreation including volleyball games.
• No hanging on rim or support structures.
• Do not apply tape or other marking materials to the floor or walls.
• Basketballs are not to be dribbled anywhere in the building except for the court.
• Court closes 15 minutes prior to the Fitness Zone closing.

**Locker Room Policies**
• All personal items should be stored in a day-use locker. LSUHS is not responsible for lost or stolen items.
• Items left in lockers after closing will be placed in the lost and found or donated to local organizations. Items of value will be given to UPD.
• Towels may be used by all members free of charge. Towels must be checked out via the LSUHS Fitness Zone app and retrieved from and returned to the Front desk. One towel per member. Failure to return a towel may result in loss of privileges.
• Showers close 15 minutes prior to the Fitness Zone closing.
Member Access

1. All members must show a LSUHS or Fitness Zone member ID to access Fitness Zone facilities.
   A. Users must enter and scan ID at the designated access points:
      1. First floor entry in the primary Fitness Zone located in the Center for Medical Education.
      2. Ground floor entry for Fitness Zone West located in the Medical School Building.
   B. Members may also scan the barcode feature in the LSUHS Fitness Zone App to access the Fitness Zone.
      i. Download the app “LSUHS Fitness Zone” from the app store. Once open, click on the Member ID barcode icon on the home page and enter your LSUHS username and password. This will link the barcode to your member profile.
      ii. If you do not have a LSUHS username and password, you can set up a profile with Fitness Zone staff at the Front Desk or email fitnesszone@lsuhs.edu before you can use the barcode feature in the app for entry into the facility.
      iii. It is prohibited to take a screenshot of the barcode. Access to the Fitness Zone may be denied if this occurs.
   C. You may also enter your Fitness Zone ID number if you forget your ID or don’t have access to the app (not available for Fitness Zone West).
      i. ID Forgiveness
         a. If a participant does not have their LSUHS or Fitness Zone ID Card and is not able to access the barcode feature in the Fitness Zone app, then the ID forgiveness policy is an option.
         b. Each semester every participant will receive 2 ID forgiveness passes:
         c. A photo ID MUST be shown to utilize this policy. A driver’s license or any ID card with your name and picture will be accepted.

2. All users, including Fitness Zone West patrons, must have a signed copy of the membership agreement on file. If membership is discontinued then resumes, a new signed agreement will be required.
3. Any visitor who cannot be located in the member database or show proof of membership will be denied access to the facilities.
4. Non-members that attend events may only access areas reserved for the event. Proper membership rules apply for access to other areas of the facility. Visitors need to always be in the appropriate designated areas.

Member Agreement

All members shall sign and adhere to the following agreement:

PARTICIPATION AGREEMENT

By participating in or using any activities, programs, equipment, or facilities available through the LSUHS (LSU Health Shreveport) Fitness Zone, a department of LSU Health Sciences Center – Shreveport, participant/user hereby agrees to the following terms and conditions:

I understand and agree that there is a risk of severe injury to me while utilizing the LSUHS Fitness Zone facilities, equipment, and programs, and recognize every activity has a certain
degree of risk, some more than others. By participating, I knowingly and voluntarily assume all
risk of injuries, regardless of severity, which from time to time may occur because of my
participation in athletic and other activities through the LSUHS Fitness Zone.

I hereby certify I have adequate health insurance to cover any injury or damage that I may suffer
while participating, or alternatively, agree to bear all costs associated with any such injury or
damage myself.

I further certify that I am in good health and have no mental or physical condition or symptoms
that could interfere with my safety or the safety of others while participating in any activity using
any equipment or facilities of the LSUHS Fitness Zone. I understand and agree that I alone am
responsible for determining whether I am physically and mentally fit to participate, perform, or
utilize the activities, programs, equipment, or facilities available at LSU Health Shreveport, and
that I am not relying on any advice from the LSUHS Fitness Zone in this regard. To the extent I
have any questions or need any information about my physical or mental condition or
limitations, I agree to seek professional advice from a qualified physician.

Further, I hereby RELEASE AND HOLD HARMLESS, the State of Louisiana, the Board of
Supervisors of Louisiana State University and Agricultural and Mechanical College, and its
respective members, officers, employees, student workers, student interns, volunteers, agents,
representatives, institutions, and/or departments from any and all liability, claims, damages,
costs, expenses, personal injuries, illnesses, death or loss of personal property resulting, in
whole or in part, from my participation in, or use of, any facility, equipment, and/or programs of
LSU Health Shreveport.

By entering the LSUHS Fitness Zone facility, I consent to being the subject of any photography,
audio, or video recordings, which may take place while I am participating in programming and/or
open recreation activities. Such photography and recordings
may be used for LSU Health Shreveport publications, webcasts, telecasts, advertising, and for
any other additional promotional or marketing purpose as LSU Health Shreveport may see fit.
By entering the LSUHS Fitness Zone facility, I hereby waive all rights or claims I may have to
any financial compensation or payment of royalties in connection with any publications,
webcasts, broadcasts, or exhibition of these materials. When/if my likeness or image is used in
a publication, there will be no identifying information provided. **If you do not wish to be
photographed, please kindly inform our photographer or videographer.**

**DEPARTMENT POLICIES AND GUIDELINES**

Area-specific policies and guidelines can be found posted in the respective spaces
throughout the Fitness Zone facilities.

**General Guidelines**

All LSU Health Shreveport Fitness Zone patrons must be responsible, courteous, and safety-
conscious at all times. Disorderly conduct, abuse or misuse of the facility or its equipment, or
disregard for policies will not be tolerated. Violators will be required to leave the facility and may
be subject to disciplinary action. Violators of LSUHS Fitness Zone policies may also be
suspended from using the facilities.

The LSU Health Shreveport Fitness Zone reserves the right to refuse admittance. Entry to and
exit from the facility must be through controlled access points only. Other exits should be used
for emergencies only. All members must present a valid LSUHS ID card or a Fitness Zone
membership card upon entry.
Gum, tobacco, alcoholic beverages, and pets are not allowed in LSU Health Shreveport Fitness Zone facilities. Proper attire is required at all times. A shirt and shoes are required at all times except in the locker rooms. The LSUHS Fitness Zone is not responsible for lost or stolen items. Membership privileges may be revoked or suspended for policy violation at any time.

The LSUHS Fitness Zone may not be used for solicitation, private classes, personal training, or any other activity associated with personal financial gain. Rules for specific areas are posted on site. These rules may include additional area-specific rules not listed in the General Guidelines. No sport activities will be allowed in hallways of the Center for Medical Education. All policies outlined in the LSU Health Shreveport Code of Conduct will be enforced. The Code of Conduct can be found on the INSIDE LSU Health Shreveport website under the Compliance Department.

Photography is permitted in the LSUHS Fitness Zone for personal non-commercial and lawful use provided permission has been granted by the individual(s) being photographed. The taking, capturing, or recording of any and all photography, audio, or video of any kind in the locker rooms and restrooms is strictly prohibited. Those who seek to photograph, film, or interview individuals at LSUHS Fitness Zone facilities for commercial use, media use, or special projects, must receive prior written approval from LSUHS Fitness Zone administration prior to accessing LSUHS Fitness Zone facilities.

Membership dues (where applicable)
Membership dues for LSUHS Faculty/Staff/Residents and OLHS (Ochsner LSU Health System) employees must be paid through the membership software. LSUHS faculty and staff may elect to pay by debit/credit card, ACH, or direct payroll draft. OLHS members may pay through debit/credit card or ACH. NO CASH OR CHECK PAYMENTS ARE ACCEPTED. First-month dues and the annual membership fee are to be paid at the time of member registration. The annual membership fee will be charged to the payment on file every 12 calendar months from the date of sign-up. Monthly dues are drafted on the 1st day of the month. If sign-up occurs beyond the 1st day of the month, the amount owed for the initial month will be prorated for the remainder of that month. LSUHS employees electing payroll deduction after the 15th day of the month will pay the first and second-month dues up-front to allow time for processing of the payroll deduction form. Payroll deduction for LSUHS staff, residents, or faculty dues will be deducted monthly or on the 2nd pay period for bimonthly, whichever applies.

Refunds and cancellations
LSUHS Fitness Zone annual and monthly membership fees are prepaid and non-refundable. Written notices of all requests for membership cancellation are required before the 15th of the month to cease payment beginning the next month. Notice to request cancellation should be sent to fitnesszone@lsuhs.edu.

Equipment
The LSUHS Fitness Zone provides fitness and recreation equipment for checkout to members. A valid LSUHS or Fitness Zone ID must be shown upon checkout and return. Checked-out items must be returned by the end of the day’s operating hours on the same day that they were originally checked out. Any equipment not returned or returned damaged may be charged to the member’s account for the price of purchasing a new item to replace or repair the missing or damaged one.
Lost & Found Items

1. Lost items brought to the front desk will be documented and kept for 48 hours.
   A. Unretrieved lost items of value will be given to University Police upon closing.
   B. Other items will be kept for 48 hours then given to UPD.
2. If possible, the Fitness Zone Staff will attempt to contact the owner of the items, if identifiable.
   A. The person claiming the items must be able to provide a detailed description.

Equipment Checkout

The following items are available for checkout through the Fitness Zone
- Basketballs
- Volleyballs
- Volleyball net system
- Portable score board
- Cones
- Pickleball paddle & balls
- Pickleball net system
- Dodgeballs
- Hand and bath towels

Procedures:

1. Equipment can be checked out from the Fitness Zone App and retrieved with ID at the Front Desk.
2. Return all equipment to the Front Desk when finished. Privileges may be suspended, or fines applied for unreturned or damaged equipment.

Multi-Activity Court Reservations

1. Recreational use of the Multi-Activity Court must be booked through the Fitness Zone.
   A. Users may see the front desk or request a reservation through the Fitness Zone app.
2. The organizer must be present throughout the time of booking and is responsible for the space during the reservation.
3. The court may be reserved for no more than an hour at a time.
   A. Users may not book consecutive reservations.
   B. The court may not be reserved outside facility hours.
4. Reservations can be made on the same day. No bookings allowed for days in advance.
5. Users who do not show for their reservation will be flagged in Fusion and future reservation privileges may be suspended.
6. A court reservation is separate from equipment check-out. All necessary equipment must be checked out separately.
7. Organizers are encouraged to be accommodating to other patrons wishing to use the space during a reservation.
8. When the court is not reserved, open rec is available to anyone, unless otherwise noted.
9. Private events must be booked through the campus central event scheduling process.
10. Reservations are processed in the order in which they are received.
11. Reservations may be terminated at any time if the organizer violates Fitness Zone policies or procedures.

Day Locker Operating

1. Enter the following sequence to create a personal 4-digit code to lock and unlock:
   A. C - #### - [Key button]
   B. After the locker is locked then unlocked, the code is reset, and a new code may be used.
2. Forgotten Locker or Combination
   A. Notify a Fitness Zone employee of locker issue.
   B. The Fitness Zone employee will need:
      i. Patron’s name
      ii. Description of item(s) in locker
      iii.
3. Removal of Items
   A. At the end of each day, the closing shift employee will check each locker to verify that they are clear of items.
   B. If there are items in the lockers, the employee will remove them per our locker cleanout policies and place items in the lost and found.

Facility Safety

1. All members should be familiar with guidelines and information provided on the:
   A. University Police Department webpage
   B. Campus Safety Manual
      i. Campus Emergence Response Plan
      ii. Bomb Threat
      iii. Tornado
      iv. Weapons Crisis Plan
      v. Outages

All members are encouraged to sign up for the Smart Notice Emergency Alert System and download the LSU Shield App.