

Lott Fitness Center



Lott Fitness Center features an array of modern fitness equipment and amenities and offers memberships and fitness plans to meet the needs of any household or fitness goal. Many of our clients utilize the Fitness Center to accomplish personal goals such as improving their strength, energy levels, cardiovascular performance, etc. They also find that regular exercise builds self-confidence, enhances self-image, creates a positive outlook, while decreasing stress and relieving tension.

Our full-service center offers the latest in cardio and exercise equipment and free weights. We offer TVs with FM transmitters and headphones allowing users to choose from one of 5 channels. We also offer free daily locker and full shower facilities (including blow dryers, shampoo, conditioner, towels, etc). Our center also offers free child care services for members at convenient times. Our atmosphere is both friendly and professional.

Day Memberships - Try it Out

Day Memberships are available for \$10. Day Members must be 18 years or older or be accompanied by a parent or legal guardian to utilize the facility.

Fitness Evaluations



The Fitness Evaluation is a popular service for those that have little experience with working out or have questions regarding how to balance working out with health issues. The Evaluation is used to establish baseline information to assist in developing a personalized fitness program. Performed by Dr Lott, Physical Therapist, this Evaluation also includes body fat analysis, thorough review of vital signs, height, weight, and body mass index. Dr Lott will assess any joint or health issues, such as prior shoulder or knee injuries, to ensure you are safe to perform cardiovascular and resistance training without risk of injury. You will receive an exercise program specific to your evaluation results and goals. A staff member will review your Exercise Program with you to determine appropriate weight for training, assist in equipment use, ensure you perform the exercise with proper form, and gain a better understanding of general exercise principles.

The Evaluation and Exercise Program are designed for all levels of exercise enthusiasts, from the beginner to the experienced client frustrated with plateaus. The cost of the Fitness Evaluation package is \$75 and is free to those that sign up for a new 12 month membership. Please add \$20 if you add the Personal Training session to get the most out of your new Exercise Program.

As an Additional Bonus, Fitness Evaluation recipients are eligible for Free 10 minute Monthly Progress Follow-ups.

Personal Training

Whether your goal is to lose weight, tone your body, or get yourself ready for swimsuit season, we WILL help you get there. Our Personal Trainers will help you to get started down the path to fitness, to learn proper technique and form, and to achieve your goals. Don't let another season pass you. Live now! Get in shape now! Let us show you how to enjoy benefits that include:



- Weight loss
- Decreased body fat
- Body shaping and muscle toning
- Increased cardiovascular fitness
- Increased energy, stamina, and endurance
- Increased muscle strength and flexibility
- Reduced stress
- Better sleep
- Feeling lighter on your feet
- Finally having the shape you want and deserve

Memberships and Dues

Lott Fitness Center offers a variety of membership options to fit the schedule and needs of any member or family. Our current Dues Overview and our complete Rules and Regulations are available on our Web site www.LottFitnessCenter.com or at the Center.

Kids Korner

We are happy to be able to provide child care services at our Fairfield location in order for you to exercise at Lott Fitness Center. See the front desk or our website for Kids Korner hours.



Studio

Join our Group Exercise Instructors in our 1200 sq ft studio and get motivated while socializing. Drop off the kids at Kids Korner and enjoy! Senior classes also available followed by coffee and snacks in the Lounge.



About the Staff



David Lott, PT, DPT, CEAS, CKTP, Cert MDT

Dr David Lott, Physical Therapist, graduated with a BA in Biology from Southern Methodist University (SMU) and his Doctorate of Physical Therapy from Hardin Simmons

University. Dr. Lott is a certified [McKenzie](#) Therapist (Cert MDT), a distinction held by less than 1% of Texas Physical Therapists. He is a certified ergonomic assessment specialist (CEAS), a certified WorkSTEPS provider and is Level 3 Kinesio Taping Certified. Dr. Lott's awards include the Ruby Decker Award for Most Outstanding Physical Therapist in Texas, 2007, as well as the Warren C. Smythe Award in 2007 for most outstanding contribution to the physical therapy profession by a private practitioner in Texas. In 2011, he and the clinic were selected APTA's 2011 Private Practice of the Year and his alma mater, Hardin Simmons University, awarded him HSU Outstanding Alumni.

Medical Examinations

All members are strongly encouraged to have a complete physical examination prior to beginning an exercise program. We encourage those individuals who are at high risk for cardiovascular disease or who have a history of medical or health related problems to be sure they get approval from their medical provider prior to starting any type of exercise.

LOTT PHYSICAL THERAPY & FITNESS CENTER



Fitness Center

Open 24 Hours Every Day

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