



#### Client:

Tulare Regional Medical Center

#### Location & Contact Information:

1425 E. Prosperity Ave.  
Tulare, CA 93274  
559-685-3800 / phone  
[www.tdhs.org/evolutions.html](http://www.tdhs.org/evolutions.html)

#### Opening Date:

April, 2005

#### Size:

55,000 Square Feet



#### Classes, Programs, and Services:

- Comprehensive Fitness Assessment
- Cardio, Strength training, and free weights equipment
- Wellness education classes / seminars
- Personal Training
- Land and aquatic based group exercise classes
- Aquatics featuring 25 yard lap pool, warm water exercise and therapy pool
- Indoor cushioned walk/jog track 1/10 of a mile
- Dedicated group exercise, yoga, pilates, and indoor cycling studios
- Child Care
- Physical/Occupational Therapy



#### Medical Integration:

- Physical Therapy