

LECOM

THE JOHN M. & SILVIA FERRETTI
MEDICAL FITNESS & WELLNESS CENTER



Client:

Lake Erie College of Osteopathic
Medicine (LECOM)

Location & Contact Information:

5401 Peach St
Erie, PA 16509
814-868-7800 / phone
www.lecomwellness.com

Opening Date:

March 2009

Size:

110,000 Square Feet



Classes, Programs, and Services:

- 110,000 sq ft facility:
 - 82,000 sq ft of fitness and 28,000 sq ft medical offices
- Comprehensive Fitness Assessment
- Cardio, strength training, and free weights equipment
- Wellness education classes/seminars, nutritional counseling, and cooking demonstration kitchen
- Personal training
- Massage and therapeutic spa services
- Land-and-aquatic-based group exercise classes
- Aquatics center featuring 25 yard lap pool, warm water exercise pool, and therapy pool
- Indoor cushioned walk/jog track ~ 1/9 of a mile
- Racquetball courts (2) and gymnasium
- Dedicated aerobics, yoga, Pilates, and cycle (spinning) studios
- Zen garden
- Golf simulation and instruction center
- Heart-healthy café
- Internet lounge



Medical Integration:

- Physical Therapy
- Internal Medicine
- Sports Medicine
- Orthopedics
- OB-Gyn
- Geriatrics
- Integrative Medicine