

WICHITA AND AFFILITED TRIBES  
Health Programs Fitness Center  
Jessica Ward, Fitness Center Assistant

The Fitness Center is now under the direction of the Health Programs and is no longer managed by the REACH US Program. It is open to participants 16 years of age and older in Anadarko and the surrounding communities. **Participants do not have to be Native American to use this facility.**

*Hours of Operation*

Monday-Thursday from 9 am to 5 pm  
Friday from 8 am to 1 pm.  
Closed daily from 1 pm to 2 pm for lunch.

To enroll participants must complete the required documentation before working out. The enrollment packet includes a Consent Form, an Injury Release Form, a PAR-Q\*, and an Enrollment Form. A copy of the Fitness Center Rules must also be initialed and dated by the participant.

\* If you answered yes to any of the first seven (7) questions on the PAR-Q, the Fitness Center requires you must have a signed Physician's Clearance Form on file. This also applies to participants with pre-existing medical conditions.

*The Wichita Health Programs would like to thank you for choosing a healthy lifestyle. Your goal to become more physically active benefits **YOU** the most and promotes physical fitness in a positive way within our community!*

For more information, please contact the Wichita Fitness Center.

*Jessica Ward, Fitness Center Assistant*  
[wichitafitnesscenter@hotmail.com](mailto:wichitafitnesscenter@hotmail.com)  
[Jessica.ward@wichitatribe.com](mailto:Jessica.ward@wichitatribe.com)

WICHITA AND AFFILITED TRIBES  
Health Programs  
P.O. Box 729  
Anadarko, OK 73005  
P: 405/247-2425 ext.152  
F: 405/247-7511