

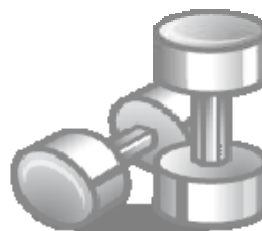
LifeStyle Centre

3615 19th Street
Lubbock, Tx. 79364
(806) 725-4386



LifeStyle Centre offers:

- A wellness staff that is degreed in exercise and sport science, kinesiology or biomechanics.
- A wellness staff and personal trainers certified by the National Strength and Condition Association, American College of Sports Medicine, Cooper Institute or Aerobic and fitness Association of America.
- Cardio equipment which include: Cybex Arc trainers, Star Trac elliptical trainers, Star Trac steppers, Star Trac recumbent and upright bikes.
- Fit Linxx tracking system.
- Free weights and machine weights.
- 2 racquetball courts.
- Indoor pool.
- Dry Sauna
- Indoor and outdoor track.
- 11 - 42" plasma TV's.
- Shower Facilities



Group Exercise Classes on Land and Pool

Land

- Pacing
- Step
- Yoga
- Cardio kick
- Tai Chi
- Pilates
- Taekwondo
- Belly Busters
- Other fun Aerobic classes

Pool

- Water Walking I & II
- Tai Chi
- Shallow Water Aerobics
- Babycise (for Mothers to be)
- Low Impact Aerobics

Membership Fees

\$30.00 per month for corporate Membership.

\$50.00 per month for family membership (kids ages 12-21 can join on the family plan).

- No contract.
- No initial start-up cost to join.
- Free parking.