

Lifestyle Enrollment Procedure

The LifeStyle Centre staff would like to welcome you and thank you for choosing the LifeStyle Centre as your fitness facility. For over 30 years the LifeStyle Centre has been providing Lubbock and the surrounding communities the best fitness facility around.

The enrollment process requires forms to be completed prior to starting your membership and exercise program with us. By completing the paperwork and going through our entry evaluation process we can provide you the best and safest program for you and/or your family.

Our enrollment process consists of completing forms and scheduling an entry evaluation with one of our fitness specialist.

1. Complete the Enrollment Information Packet, which contains contact information and the Physical Activity Readiness Questionnaire form.
 - If you answer “Yes” to either one of the two questions on that form, a Medical Clearance letter will need to be completed by your physician.
2. Once all the required enrollment paperwork has been received by the Lifestyle Centre, it it applies, an Entry Evaluation will be scheduled at your earliest convenience.
 - At the scheduled time of your Entry Evaluation please arrive about 10 minutes early.
 - If arriving 15 minutes later than your scheduled appointment time, a new appointment date and time will need to be scheduled.
3. Membership dues will be pro-rated from the enrollment/start date until the next billing cycle. The cost of Enrollment is \$20.00 and will be collected during the entry enrollment or on start date.

Once you have completed your Entry Evaluation, we encourage you to start your new Way of Life and participate in any of our group exercise programs or exercise on the many pieces of equipment that we offer. We are here to provide guidance and encourage you to Better Health.

Previous members restarting within a year would pay \$25 for each individual to reinstate memberships.

The Swimming pool and outdoor track close 30 minutes prior to closing time.

Guest must be accompanied by a member unless the guest has a Free One Day pass.

Parents/guardians must accompany children ages 12-16 at all times.

The Lifestyle Centre Office is open Monday-Friday 8:00 am to 5:00pm.

Prices are subject to change without notice.

Current Hours of Operation:	
Monday-Thursday	5:30am-9:00 pm
Friday	5:30am-8:00pm
Saturday	8:00am-3:00pm
Sunday	1:00pm- 6:00pm

Covenant Medical Centre-LifeStyle Centre, 21St and Knoxville, 6th floor East Parking Garage

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