

the

# WELLNESS CENTER

at Lee College



## WELLNESS CENTER

Joining the Lee College Wellness Center is the premier way to exercise your physical fitness options. Join the wellness center and you can: Select from several enrollment options, plan your own training workout, follow your own individualized fitness and exercise program, use resistance machines to improve your appearance, strength and endurance. Equipment includes: treadmills, upright/recumbent bicycles, cross trainers, steppers, elliptical trainers, rowers, and a full line of selectorized Magnum resistance equipment and much more!

## HOURS OF OPERATION

Monday - Thursday	5:30am – 8:00pm
Friday	5:30am – 2:00pm
Saturday	9:00am – 2:00pm
Sunday	Closed

## COST

*(Must be 18 years old to register)\**

Six-Months: (January - June) or (July - December) **\$175**

Senior Adults (Age 50+)

Lee College Alliance Members, & Lee College Students: **\$79**

One-Year: (January - December) **\$315**

Senior Adults (Age 50+)

Lee College Alliance Members, & Lee College Students: **\$158**

1 week guest pass: **\$25**

1 day guest pass: **\$10**

*\*All Wellness Center rates include use of Open Swim.*

## OPEN SWIM

Come and exercise at the Lee College swimming pool during your leisure time. There is no instruction so you can enjoy swimming laps and getting your daily exercise in when you have the time. There is a lifeguard on duty and the pool open swim hours are listed below.

## HOURS OF OPERATION

Monday - Thursday	2:00pm – 7:00pm
Friday/Saturday	9:00am – 2:00pm
Sunday	Closed

## COST

*(Must be 18 years old to register)\**

Six-Months: (January - June) or (July - December) **\$60**

One Year: (January - December) **\$100**

1 week guest pass: **\$25**

1 day guest pass: **\$10**

Persons interested in registering for the Wellness Center and/or Open Swim may do so at the Lee College Center for Workforce and Community Development located at 909 Decker Drive, Baytown, TX. 77522-0818, call 281.425.6311, or visit [www.lee.edu/workforce](http://www.lee.edu/workforce).

[www.lee.edu/wellness](http://www.lee.edu/wellness)





### EMPLOYEE ACCESS

Full-Time employees along with their spouse and Part-Time employees of Lee College have free access to the Lee College Wellness Center and Open Swim. Employees interested in using the facility can register at the Wellness Center located on the 2nd Floor of the Arena/Sports Complex at 550 Lee Drive, Baytown, TX. 77520 or call 281.425.6271.

### STUDENT ACCESS

Students enrolled in Kine 1103/1104/1164 will have access to the wellness center as a classroom. Details of class specifics will be covered by the class instructor. On their first visit, students will fill out enrollment forms and schedule a fitness assessment/orientation. Once completed, the student is free to workout within his/her own schedule.

### LEE COLLEGE ALLIANCE ACCESS

Persons that are members of Lee College Alliance may register for the Wellness Center at the discounted senior citizen rate. Persons interested in becoming a member of Lee College Alliance may fill out an application in person at Rundell Hall suite 203 or complete an online application at <http://www.lee.edu/alumni/pay/> or call 281.425.6352.

The cost to join Lee College Alliance is:

Annual – \$20

Lifetime – \$200

Married couple lifetime – \$350

### CONTACT:

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#### Wellness Center Coordinator

Jason P Summers  
281.425.6439 • [jsummers@lee.edu](mailto:jsummers@lee.edu)

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CENTER**  
*at Lee College*

#### Wellness Center

281.425.6271

#### Center for Workforce & Community Development

281.425.6311 [www.lee.edu/workforce](http://www.lee.edu/workforce)

#### Lee College Alliance

281.425.6352

#### Main Line

281.427.5611

