

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	6 a.m. – 8 p.m.
Friday	6 a.m. – 2 p.m.
Saturday	9 a.m. - 2 p.m.
Sunday	Closed

COST

(Must be 18 years old to register)*

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

Senior Adults (Age 50+) & Lee College Students: **\$79**

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

Senior Adults (Age 50+) & 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 p.m. – 7 p.m.
Friday/Saturday	9 a.m. – 2 p.m.
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.

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.

CONTACT:



Wellness Center Coordinator

Jason P Summers
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Wellness Center

281.425.6271

Center for Workforce
& Community Development

281.425.6311 www.lee.edu/workforce

Main Line

281.427.5611

