

# Wellness Center

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The Lee College Wellness Center is a state-of-the-art exercise facility and classroom. Full- and part-time faculty and staff may use the facility year-round at no cost. Employees interested in using the Wellness Center need to fill out an enrollment form. The enrollment form can be picked up at the center's front desk.

The Wellness Center has more than 25 pieces of Life Fitness Cardio machines, including 10 treadmills.

The Wellness Center also has a full line of Magnum selectorized resistance equipment. There are also 20 overhead speakers for your listening enjoyment and four 32" televisions for your viewing pleasure. On-site employees can help you get started, and professional instructors can help you create an exercise program to fit your individual needs. We hope to see you soon at the Lee College Wellness Center.

If you have any questions, comments, or problems you may contact the Wellness Coordinator, Jason Summers, at 281.425.6439 or [jsummers@lee.edu](mailto:jsummers@lee.edu). Find [information for seniors](#) here.

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## Cost\*

- **Six Months** (January-June or July-December)  
Standard Rate: \$175  
Senior Adults (Age 50+), Lee College Alliance Members, & Lee College Students: \$79
- **One Year** (January-December)  
Standard Rate: \$315  
Senior Adults (Age 50+), Lee College Alliance Members, & Lee College Students: \$158

- **1-week guest pass:** \$25
- **1-day guest pass:** \$10  
(Week/Day passes must be purchased at the Cashier's Office, Rundell Hall, Room 110.)

\*Must be at least 18 years old to register. All Wellness Center rates include use of Open Swim.

## Contact Info.

### Wellness Coordinator

Jason Summers, 281.425.6439

[jsummers@lee.edu](mailto:jsummers@lee.edu)

### Need more info?

- Wellness Center: 281.425.6271
- Admissions & Records: 281.425.6393
- Counseling: 281.425.6384
- Financial Aid: 281.425.6389
- Campus Tours: 281.425.6260

## Class Requirements

All new students should enroll in KINE 1103. Students come in at their convenience during Wellness Center hours to log their workout. Grading is based on class attendance, online exams, and results of pre- and post-tests.

On their first visit, students will be given an initial fitness assessment. A workout program will be written, including a complete orientation on all equipment. The first visit is by appointment and will count toward final attendance. The student is then free to work out on his or her own schedule.

## Enrollment Procedures

Prospective student need to complete an Application to Register in the Admission and Records Office. They will then be sent to the Counseling Center for course advisement and to register for class. Once the student is registered, he/she should come to the Wellness Center for an enrollment package.

## Benefits of Exercise

Look at the benefits of working out at the Lee College Wellness Center:

- Weight loss
- Increased muscular strength and endurance
- Increased cardiovascular health and fitness
- Increased flexibility

Our experienced college instructors will design a program specific to your needs and goals. Combined with a nutritious, balanced diet, you will see the benefits of your exercise within a couple of months.

# 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.

## Cost

(Must be at least 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
- (Week/Day passes must be purchased at the Cashier's Office, Rundell Hall, Room 110.)

## Employee Access

Full-time employees and their spouses have free access to the Lee College Wellness Center and Open Swim. Lee College's part-time employees also have free access. Employees interested in using the facility should call 281.425.6271 or register at the Wellness Center, located on the second floor of the arena/sports complex at 550 Lee Drive, Baytown.

## 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 work out within his/her own schedule.

## Lee College Alliance Discounts and Access

Members of the Alliance may register for the Wellness Center and/or Open Swim at a greatly discounted rate through Community Education. Those interested in becoming a member of the Alliance may fill out an application in person at Rundell Hall, suite 203, complete an online application at [www.lee.edu/alumni/pay/](http://www.lee.edu/alumni/pay/) or call 281.425.6352.

The cost to join the Alliance:

- Annual – \$20
- Lifetime – \$200
- Married couple lifetime – \$350

After joining the Alliance, take that receipt to the Center for Workforce and Community Development (909 Decker Drive) to purchase your Wellness Center membership, then take that receipt to the Wellness Center.

## Hours of Operation

### **Wellness Center**

Mon.-Thu.: 6 a.m.-8 p.m.

Fri.: 6 a.m.-2 p.m.

Sat.: 9 a.m.-2 p.m.

Sun.: Closed

### **Open Swim**

Mon.-Thu.: 2 p.m.-7 p.m.

Fri.-Sat.: 9 a.m.-2 p.m.

Sun.: Closed