



The **CHRISTUS Good Shepherd Institute for Healthy Living** is the region's only **medically-integrated wellness center** where *health care* and *fitness* merge to help people live healthier and happier lives. The Institute encompasses **75,000 square feet** of specifically-designed space for the delivery of medical, educational and fitness programs.

Individual
Couple
Family

anyone 18-61 years of age.
legally married couple or individual and child.
a legally married couple and their dependent children up to 18 years of age and/or up to 22 years of age if the child is a full-time student.

Fitness and group exercise

The 11,500 square foot strength, conditions and cardiovascular fitness room is equipped with Precor state-of-the-art cardiovascular training equipment with integrated TVs including treadmills, upright and recumbent bicycles, ellipticals, steppers, rowers and upper body ergometers. This area also includes Life Fitness and Free Motion strength training equipment and Hammer Strength free-weight equipment. An array of group exercise classes is available.

Aquatic Center

Features a 25-meter heated four-lane lap pool, resistance pool, and cold and hot therapeutic pools.

Corporate memberships

Corporate rate	Wellness Pointe
Individual	\$45 Monthly; (Semi Monthly, per ck \$22.50)
Couple	\$59 Monthly; (Semi Monthly, per ck \$29.50)
Family	\$76 Monthly; (Semi Monthly, per ck \$38.00)