



Welcome to CHRISTUS Good Shepherd Institute for Healthy Living!

The CHRISTUS Good Shepherd Institute for Healthy Living is the region's only medically-integrated wellness center where healthcare and fitness merge to help people live healthier and happier lives. The Institute encompasses 75,000 square feet of specially-designed space for the delivery of medical, educational and fitness programs and is designed to offer the community two paths of wellness. The facility provides advanced outpatient rehabilitative services for individuals requiring a medically-guided continuum of care. The second path provides individuals and area employers the ability to improve and maintain their health and the health of their employees through a comprehensive fitness and wellness facility.

Membership Rates	Month-to-Month Agreement	12-Month Agreement	12-Month Paid in Full
Initiation Fee	\$50	Waived	Waived
Student/Senior	\$52	\$49	\$529
Individual	\$65	\$62	\$670
Senior Couple	\$69	\$66	\$713
Couple	\$85	\$82	\$886
Family	\$111	\$108	\$1,116

- Student - 22 years of age and under. Students over the age of 18 must provide proof of enrollment as a full time student. School schedule needs to include student name, semester, and total credit hours.
- Senior - individuals at least 62 years of age.
- Individual - anyone 19 to 61 years of age.
- Senior Couple - a legally married couple, with one spouse at least 62 years of age.
- Couple - a legally married couple or an individual and child.
- Family - 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 (see above for student requirements).

Guest Fees	Daily	Weekly: 7 Consecutive Days	Month: 30 Consecutive Days
Individual	\$20	\$50	\$115
Couple	\$35	\$75	\$135
Family	\$50	\$100	\$160
Child (0-12)	\$10		

Corporate Memberships:

Are available at a considerable savings. Are available at a considerable savings. Please contact Ashley Terry at 903.323.6502 for more information or to set up a corporate presentation. All corporate membership rates require a 12- month agreement.

Corporate Rate	Company Name
Individual	
Couple	
Family	



Cafe - Heat it Up

Offers members and guests an array of healthy breakfast, lunch and snack options. The Café serves a variety of smoothies and also offers protein powders and supplements. Additionally, for people on the go, Heat it Up offers cooked nutritious pre-made meals that are all refrigerated, so all you have to do is heat them in a microwave or oven!

Healthy Living Spa

Our full-service day spa offers a variety of treatments designed to promote a healthy, stress-managed life. Our products include a range of specially-designed massages, natural manicures, pedicures and facials. A relaxation room to inspire all of the senses is available before or after a spa treatment. Please visit the Healthy Living Spa for a menu of our therapeutic services.

Fitness and Group Exercise

The 11,500 square foot strength, conditioning 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 LifeFitness Signature and Free Motion strength training equipment and Hammer Strength free weight equipment.

Aquatic Center

Features a 25-meter heated four-lane lap pool, a heated therapeutic resistance pool, and cold and hot water plunge pools. An array of group exercise offerings is available, including step, spin, tai chi, yoga, Pilates and water aerobics.

Healthy Living Hideaway

A children's play center is available for ages 0-12, and provides an environment that will leave parents with peace of mind while they enjoy the facility. The Healthy Living Hideaway is available to members during designated hours. Please ask a Healthy Living Hideaway representative for a schedule of available hours and special activities.

Outpatient Rehabilitation

The Institute for Healthy Living provides advanced outpatient rehabilitative services for individuals requiring a medically-guided continuum of care. As part of your recovery after a hospital visit, your physician may prescribe your path for wellness in one or more of the therapies available at the Institute, including Cardiac Rehabilitation, Outpatient Physical Therapy and Speech Therapy. These services are supported with an integration of educational elements, which may include disease management and nutrition.