

Welcome to the 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 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	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	\$1,166

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 the student name, semester, and total credit hours.

Senior – individuals at least 62 years of age

Individual – anyone 19-61 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 a 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 requirements).

Guest	Daily	Weekly: 7 Consecutive Days
Individual	\$10	\$40
Couple	\$18	\$60
Family	\$25	\$80

10-Punch Guest Pass Special available at a \$50 member rate and \$100 non-member rate

Corporate Memberships:

Corporate memberships are available at considerable savings. Please contact the Business Office at:

ihealthyliving@christushealth.org

Corporate Rate:	
Individual	
Couple	
Family	

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, elliptical, steppers, rowers, upper body ergometers. This area also includes Life Fitness Signature and Free Motion strength training equipment and Hammer Strength free-weight equipment. An array of group exercise offerings is available that includes Yoga and water aerobics.

Aquatic Center

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

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 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.

Hours of Operation

Monday-Thursday: 4:30am - 10:00pm

Friday: 4:30am - 8:00pm

Saturday: 7:00am - 5:00pm

Sunday: 10:00am - 5:00pm