

EPISD Employees, You Are Eligible For A Discounted GYM MEMBERSHIP Rate!

For only **\$28.00** down and **\$19.99** per month you can enjoy the full amenities that the Las Palmas LifeCare Center has to offer.

With your membership you will receive:

Full Physical Assessment

- Biometrics
- Flexibility test
- Muscle endurance test
- Body composition (*skinfold measurements*)
- Strength test

Orientation To The Gym

One free personal training session with an Exercise Specialist who will set up a personal workout based on your fitness assessment results

Case manager assigned to you to help with updating your workouts

Full Access To All Group Exercise Classes (no extra charge)

- Spinning
- Pilates
- Step Aerobics
- Circuit boxing
- Tai Chi
- Yoga
- Aerobics
- Jazzercise
- Salsa dancing
- Osteo-Fit (*osteoporosis friendly*)

Access To All Our Support Groups

Circle of Wellness (*Heart*),
Bariatric Support Group,
Cancer Support Group

Personal Training Available Upon Request

(*Additional charge*)



Las Palmas
LIFECARE CENTER

Contact a LifeCare Representative to set up an appointment or for more information

521-2199

Hours of Operation:

Mon. - Thurs. 5:30am - 8:30pm
Fri. 5:30am - 7:30pm
Sat. 6:00am - 2pm
Closed Sundays

