

## **PRACTICUM SITE LIST**

**Lubbock) (Rev 6/2014)**

### **Cardiac/Pulmonary Rehabilitation**

LifeStyle Centre – Covenant Medical  
Center 3615 19<sup>th</sup> St., Lubbock, TX 79408  
Lauren Henry, Intern Coordinator - 725-4386 or [henryl1@covhs.org](mailto:henryl1@covhs.org)

University Medical Center Cardiac Rehab  
Medical Office Plaza- 3502 9<sup>th</sup> St., Suite 410  
Jesus Carrasco, E.S. – [jesus.carrasco@umchealthsystem.com](mailto:jesus.carrasco@umchealthsystem.com)

### **Commercial Fitness Centers / Sports Clubs**

Bodyworks Sport  
5921 W. 34<sup>th</sup> & Loop 289  
799-4040

Bodyworks Active- 50<sup>th</sup> & Slide  
50<sup>th</sup> St. & Slide, Lubbock, TX 79414  
788-5500

Bodyworks for Women  
5715 82<sup>nd</sup> St, Lubbock, TX 79424 -783-0044

Bodyworks Super Sport-Family Center  
5105 82<sup>nd</sup> St. Lubbock, TX 687-8000

Bodyworks Family Life Center (formerly Freedom Fitness)  
4124 19<sup>th</sup> St., Lubbock, TX 79407  
General Manager - 797-7867

Bodyworks  
5402 4<sup>th</sup> St. & Slide, Lubbock, TX 79416  
(806) 687-4242

Premier Sportsplex  
9000 Memphis, Lubbock, TX 79423  
Owner, Curry Blackwell or Fitness Director – (806) 771-4263

The Falls Tennis & Athletic Club  
4705 112<sup>th</sup> St. Lubbock, TX 79424  
Fitness Director/Manager-687-  
6080

Zach's Club – [www.zachsclub.com](http://www.zachsclub.com) (2  
locations) 4229 78<sup>th</sup> St. – Lubbock, TX  
Paul Springer, Manager - 780-5454

### **Corporate Fitness / Wellness Programs**

Physical Therapy Today – Wellness  
Today Physical Therapy Today Exercise  
Center 2431 S. Loop 289 Lubbock, TX  
Christy Reeves – 771-8010

United Supermarkets  
7830 Orlando Ave., Lubbock, TX 79423  
Wellness Mgr.

### **Medical / Clinical Fitness / Wellness Centers**

Carillon Health Care Center  
1717 Norfolk Lubbock, TX 79416  
Fitness Director- Curtis Norrod- 281-6158

Lifestyle Centre- Covenant Medical Center  
-see listing under Cardiac Rehab

Physical Therapy Today Exercise Center  
\*\*See listing below under Physical Therapy

Seniors are Special Program at UMC  
UMC Activities Center, 5217 82<sup>nd</sup> St., Lubbock, TX 79424  
Lewis Walker, Wellness Director, (806) 783-9035

### **Miscellaneous Fitness Programs/Centers**

Healthy Lubbock Initiative  
Garrison Institute on Aging  
6630 S. Quaker, Ste E, Lubbock, TX  
Annette Boles- (806) 743-7821 x244 or 283-3530 or annette.boles@ttuhsc.edu

TTU Student Recreation Center  
Fit/Well Department  
Betty Blanton betty.blanton@ttu.edu or Kami Waden kami.waden@ttu.edu - 742-3351

YWCA  
3101 35<sup>th</sup> St., Lubbock, TX 79413  
Fitness Director - (806) 792-2723

### **Occupational Medicine**

UMC Physical Network Services- Occupational Medicine  
5219 City Bank Pkwy, Ste. 160, Lubbock, TX 79407  
Amber Rye, Occupational Medicine Coordinator – 806-761-0346 or Amber.Rye@umchealthsystem.com

### **Physical Therapy/Rehab / Sports Medicine Centers**

Cornerstone Physical Medicine & Rehabilitation  
4010 82<sup>nd</sup> St., Lubbock, TX  
Bill Threadgill, PT., 783-8234

Owens-White Outpatient Rehab Center/ Covenant Sports Medicine  
4010 22<sup>nd</sup> St, Lubbock, TX 725-5627

Physical Therapy Today  
Physical Therapy Today Exercise Center  
2431 S. Loop 289 Lubbock, TX  
Jeff Powell – 771-8010

Physical Therapy Today  
4138 19<sup>th</sup> Street, Lubbock, TX  
Mike McKaskle- 780-2329

Sports & Industrial Rehab  
4601 S. Loop 289, Ste. 11, Lubbock, TX 79424  
792-7200

University Medical Center  
TeamRehab & Sports Medicine  
4642 N. Loop 289 Suite 205, Lubbock, TX 79416  
Mitchell Brockman , MPT , Program Coordinator – Mitchell.Brockman@umchealthsystem.com  
(806) 775-9275

### **Strength & Conditioning**

Athletic Training Center, Texas Tech University  
Tory Stephens, 742-1345 or tory.stephens@ttu.edu

Texas Tech Men's Basketball  
Strength Coach, 392-5774

**Volunteer Organizations**

American Cancer Society  
3411 73<sup>rd</sup> St., Lubbock, TX 79423 792-7126

American Diabetes Association  
8008 Slide Rd., Lubbock, TX 79424 794-0691

American Heart Association  
2514 82<sup>nd</sup> St. – Suite B Lubbock, TX 79423