

**INTERNSHIP SITE LIST  
(Rev 10/2017)**

**Cardiac/Pulmonary Rehabilitation**

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

University Medical Center Cardiac Rehab \*\*Must complete application on UMC website  
Medical Office Plaza- 3502 9th St., Suite 410  
Jesus Carrasco, Internship Coordinator  
[Jesus.Carrasco@umchealthsystem.com](mailto:Jesus.Carrasco@umchealthsystem.com)  
(806) 775-8950

**Commercial Fitness Centers / Sports Clubs - \*\*These sites require pre-approval from instructor**

BodyWorks Sport  
5921 W. 34th & Loop 289  
799-4040

BodyWorks Active- 50th & Slide  
50th St. & Slide, Lubbock, TX 79414  
788-5500

BodyWorks for Women  
5715 82nd St, Lubbock, TX 79424 -783-0044

BodyWorks Super Sport-Family Center  
5105 82nd St. Lubbock, TX 687-8000

Freedom Fitness  
4124 19th St., Lubbock, TX 79407  
General Manager - 797-7867

Bodyworks  
5402 4th St.& Slide, Lubbock, TX  
(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 112th St. Lubbock, TX 79424  
Fitness Director/Manager-687-6080

Orange Theory Fitness  
5214 98<sup>th</sup> #300  
Lubbock, TX (806) 749-1200

**Corporate Fitness / Wellness Programs**

Physical Therapy Today – Wellness Today  
Physical Therapy Today Exercise Center  
2431 S. Loop 289 Lubbock, TX  
Judy Fleming- [jfleming@ectsi.net](mailto:jfleming@ectsi.net)

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- 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 82nd 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  
Kami Waden - kami.waden@ttu.edu - 742-3351

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

### **Occupational Therapy/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

Transitional Learning Center (TLC) (Traumatic brain injury)

Crown Point (Skilled Nursing facility)

Covenant Neuroscience Center

TrustPoint Hospital

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

Cornerstone Physical Medicine & Rehabilitation  
4010 82nd St., Ste. 130 Lubbock, TX - (806) 783-8234

Owens-White Outpatient Rehab Center/ Covenant Sports Medicine  
4010 22nd 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 19th Street, Lubbock, TX  
Mike McKaskle- 780-2329

Lubbock Sports Rehab (TXL Sports Training)  
6206 Norwich Ave. Lubbock, TX (806) 792-7200

University Medical Center – TeamRehab

- TeamRehab & Sports Medicine -4642 N. Loop 289 Suite 205, Lubbock, TX 79416  
Mitchell Brockman , MPT , Program Coordinator – Mitchell.Brockman@umchealthsystem.com  
(806) 775-9275
- \* Team Rehab at Zach's (2 locations)
  - 1) 4229 78<sup>th</sup>, Lubbock, TX (806) 775-9279
  - 2) 7105 Kewanee, Lubbock, TX (806) 775-9275

### **Strength & Conditioning / Sports Training**

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

TXL (formerly D1) Sports Training  
6206 Norwich Ave.  
Lubbock, TX (806)702-8978  
Aaron Uzzell

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

### **Volunteer Organizations**

American Cancer Society  
3411 73rd St., Lubbock, TX 79423 792-7126

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

American Heart Association  
2514 82nd St. – Suite B Lubbock, TX 79423

### **Misc.**

The Ranch at Dove Tree in collaboration with the Center for the Study of Addiction and Recovery at Texas Tech University- 1406 CR 5800, Lubbock, TX 79403; PH (806) 746-6777; FAX (806) 746-6770  
Chris Carrillo, B.S., CPT, CSN, Health & Wellness Director

