

INTERNSHIP SITE LIST
(Rev 1/2016)

Cardiac/Pulmonary Rehabilitation

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

University Medical Center Cardiac Rehab
Medical Office Plaza- 3502 9th St., Suite 410
Jesus Carrasco, Internship Coordinator
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 98th #300
Lubbock, TX (806) 749-1200

Corporate Fitness / Wellness Programs

PforymWell (corporate & individual wellness focusing on lifestyle & functional medicine.
3008 59th St., Ste. F, Lubbock, TX
Cheryl Benoit – (806) 784-0506

Physical Therapy Today – Wellness Today
Physical Therapy Today Exercise Center
2431 S. Loop 289 Lubbock, TX
Judy Fleming- jfleming@ectsi.net

United Supermarkets
7830 Orlando Ave., Lubbock, TX 79423
Wellness Mgr. **ask instructor for information

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 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 82nd St., Ste. 130 Lubbock, TX - (806) 783-8234

Owens-White Outpatient Rehab Center/ Covenant Sports Medicine
4010 22nd St, Lubbock, TX 79424

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 (D1 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 78th, 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
Tyson Carter – tyson.carter@ttu.edu

D1 Sports Training
6206 Norwich Ave.
Lubbock, TX (806)702-8978
Jason Potter – jason.potter@d1sportstraining.com
Mary Marzak – mary.marzak@d1sportstraining.com

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