



SOUTHEASTERN
LIFESTYLE CENTER

For Fitness and Rehabilitation

An Affiliate of Southeastern Regional Medical Center

ANNUAL MEMBERSHIP PLANS

**4895 Fayetteville Road
Lumberton, North Carolina 28358**

(910) 738-5433

**It's not the workout...
It's the Lifestyle!**

WELCOME

Welcome to the Southeastern Lifestyle Center. By joining us you have made the first step towards improving your health and fitness. We hope that one of our membership plans will provide you with the motivation you need to improve your level of wellness. By joining our center you will know what many of your friends and family members already know that ***Fitness Is Fun!*** You and your family can take advantage of our programs and services to start you on your way to better health and fitness.

WHO WE ARE!

The goal of the Southeastern Lifestyle Center is to provide unique opportunities to improve your overall health and fitness at a pace that is comfortable for you.

For over 18 years we have been offering fitness activities, classes and programs for the people in Robeson and surrounding counties. It is never too late to begin leading a healthier lifestyle and our friendly and knowledgeable staff will show you how!

OUR FACILITY

The Fitness Services area houses the following:

- Racquetball Courts
- Free Weights
- Aerobic Studio
- Child Care Center
- 25 yd. Heated Pool
- Treadmills and Stairclimbers
- Elliptical trainers
- Full Service Locker Rooms
- Freemotion Strength Equipment
- Airdyne Bikes
- Recumbent Bikes and Steppers
- 2 Cardiotheaters
- Basketball/Volleyball Court
- Spa & Massage Services
- Indoor Track
- Saunas
- Jacuzzis

APPLICATION FEES

Single
\$100

Single + 1
\$125

Single + 3 or more
\$150

HOURS OF OPERATION

Monday-Thursday	5:00 a.m.-10:00 p.m.
Friday	5:00 a.m.- 8:00 p.m.
Saturday	8:00 a.m.- 5:00 p.m.
Sunday	1:00 p.m.- 6:00 p.m.

MEMBERSHIP RATES

FITNESS MEMBERSHIP

Unlimited use of the entire facility

Category	Individual	Individual + 1	Per Family Member Age 8 +
General Public	\$43	\$69	\$7
Corporate	\$36	\$58	\$7

SENIOR MEMBERSHIP

Individuals age 62+ and above unlimited access to facility

Category	Individual	Individual + 1
Senior (62 +)	\$36	\$58

****Single adults with children age 8-12 pay single rate+\$7 per child***

***1 and 2 month Trial Memberships available as well
Inquire at the front desk.***

SPECIAL PROGRAMS

Please call 738-LIFE (5433) for program details

Children:

- **Swim Lessons:** Swim Lessons are offered from infant/toddler to adult. Lessons are taught in sessions. Inquire at the front desk for times and dates.
- **Just for Kids:** Program for children ages 3-10 that exposes them to physical activity and healthy eating through play. Meets every Saturday morning.
- **Child Care:** For children ages 6 months through 7 years. By appointment only.
- **Kid Fit Orientation:** Special orientation for our members ages 8-12. Every Sat morning at 10 a.m. Contact the Front Desk to register.
- **Birthday Parties:** Have your next party at SLC. Parties include swimming, party room and balloons and a t-shirt for the guest of honor. Contact front desk to schedule.
- **Youth Group Lock-Ins:** Overnight events for church or youth groups of 25 or more. Swimming, court sports, music and movies available. Contact front desk for more information.
- **Kids Night Out:** Need a break from your parents? Kids night out events held several times per year. Movies, snacks and fun. Inquire at the front desk for a list of dates and times.
- **Karate:** Meets Tues/Thurs after school. All ages welcome. Contact front desk to sign up.
- **Lumberton High Swim Team:** SLC is home for the Pirate Swimming program. Information on try-outs available at LHS.

Wellness:

- **Monthly Classes:** Various classes on topics of interest including exercise, diet and stress management.
- **Cholesterol Screens:** Cholesterol screens offered monthly for a small fee. Contact Lifestyle Wellness for dates and times.
- **Massage and Spa Services:** Services available by appointment only. Massage, nail services, herbal wraps and more. Inquire at front desk for price information.
- **Meditative Arts:** Yoga, Partner Yoga and Pilates available. Learn balance, flexibility and stress management through movement and meditation.
- **Dietary Consults:** Get up-to-date dietary information from our Wellness Coordinator. Call 671-5835 to make an appointment.

Seniors:

- **PRIVILEGESPLUS:** Wellness Program for individuals age 55 and up. Monthly educational offerings, discounts, group trips and more. \$5 enrollment fee per person. Call 671-5835 for details
- **ADL/Movin' and Groovin':** Aqua and chair classes specifically designed for those suffering from arthritis or other degenerative conditions. Free for members. \$25 per month for non-members.

Prices are subject to change (revised 03/08)