

## **LiveWell Center**

The LiveWell Center is a world class wellness center that includes more than 40 pieces of strength and cardio equipment, indoor basketball courts, racquetball courts, group exercise studio, covered tennis and basketball courts, and sand volleyball courts. A variety of programs are offered at LiveWell including daily group exercise classes, CrossFit, and sports leagues. Membership is free to all Board employees, their spouses and dependents over the age of 18.

Stop by the LiveWell Center to register and receive your LiveWell ID.

### **LiveWell Center Address:**

**3625 Bear Creek Ct., Dallas, TX 75261**

The LiveWell Center is located at the Bear Creek Golf Course, next to the outdoor pavilion and clubhouse.

### **Hours:**

Exercise facilities are open:

6 a.m. to 7 p.m., Monday through Thursday and 6 a.m. to 6 p.m., Friday

### **Contact Information**

Phone: 972-973-1612

Email: [livewell@dfwairport.com](mailto:livewell@dfwairport.com)

## LiveWell Center – Frequently Asked Questions

### What are the center's hours of operation?

Exercise facilities are open 6 a.m. to 7 p.m., Monday through Thursday and 6 a.m. to 6 p.m., Friday. The LiveWell Health Clinic is open Monday through Friday from 8:30 a.m. to 5 p.m. Appointments are required to be seen at the clinic.

### How do I schedule a clinic appointment?

Call the clinic at **972-973-1621** or email [lwhealthclinic@dfwairport.com](mailto:lwhealthclinic@dfwairport.com).

### Which exercise areas are open?

All bays are open.

### What are you doing to keep the facility clean and safe?

We are abiding by the [Texas State Government Guidelines for gyms and exercise facilities](#). The center will be disinfected throughout the day and deep cleaned twice per day. You will be required to wipe down your exercise equipment before and after your workout. Disinfecting wipes and hand sanitizing stations are available throughout the facility.

### Are showers and locker rooms open?

Showers, water fountains, restrooms, lockers and locker room amenities are available. Please note, towels and shower amenities such as shampoo and conditioner are not be available.

### Are LiveWell zones and satellite location open?

Yes, all LiveWell zones and satellite locations are open.

### What should I bring?

You must bring your own towel. When playing basketball or racquetball, you must provide your own equipment. Sport-specific equipment is not available onsite. Sharing equipment is not allowed.

### Who do I contact with questions regarding the LiveWell Center?

Contact LiveWell at 972-973-1612 or by email at [liveness@dfwairport.com](mailto:liveness@dfwairport.com).

# LiveWell Center

## Exercise Areas and Map

**Bay 1** (2 people)  
Jungle Gym

**Bay 1 Cardio** (2 people)  
Elliptical  
Rower  
Treadmill

**Bay 2** (2 people)  
Circuit Machines

**Bay 2 Cardio** (2 people)  
Treadmill  
Recumbent Bike

**Bay 3** (2 people)  
Free Weights  
Squat Rack  
Benches

**Bay 3 Cardio** (2 people)  
Treadmill  
Stair Machine  
Bike

**Racquetball Court 1** (1 person)  
Racquetball Play

**Racquetball Court 2** (2 people)  
Free Weights  
Body Weight Workouts

**Indoor 1/2 Basketball** (1 person)

**Outdoor Tennis** (2 people)  
Tennis free play

**Outdoor Basketball** (2 people)  
Badminton  
Basketball

**Group Exercise Room** (5 people)  
Fitness on Demand Classes  
Open Space  
Free Weights

**CrossFit** (5 People)  
Free Weights  
Plated Weights  
Pull Up Rig

**Group  
Exercise Room**

**Indoor 1/2  
Basketball  
Court**

**Health Clinic**

**Hallway**

**Racquetball  
Court 2**

**Racquetball  
Court 1**

**Bay 3  
Cardio**

**Bay 2  
Cardio**

**Bay 1  
Cardio**

**Bay 3**

**Bay 2**

**Bay 1**