

## **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 6 p.m., Monday through Thursday and 6 a.m. to 5 p.m., Friday

### **Contact Information**

Phone: 972-973-1612

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

## LiveWell Center Reopening – Frequently Asked Questions

*Updated 6.17.22*

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

Exercise facilities are open 6 a.m. to 6 p.m., Monday through Thursday and 6 a.m. to 5 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.

### **Will my temperature be taken at LiveWell?**

No, temperature checks are no longer required.

### **Where can I find the facility COVID-19 safety protocols?**

You can find them [here](#).

### **Do I have to wear a mask when exercising?**

No, masks are not required.

### **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 [livewell@dfwairport.com](mailto:livewell@dfwairport.com).

## **LiveWell Center COVID-19 Safety Protocols**

***Updated 6.25.21***

The LiveWell Center will follow the State of Texas Governor's Standard Health [Protocols for gyms and exercise facilities](#). Employees are also encouraged to follow state's [protocols for gym users](#).

Abiding by these protocols is important and required to maintain the health and safety of all employees working in and using the LiveWell facility. Failure to abide by these protocols may result in corrective action. By selecting facility times to work out at LiveWell, you are agreeing that you will follow the LiveWell protocols while utilizing the facility.

All employees:

- Agree to review the COVID-19 assessment in advance and attest that they are not showing any signs or symptoms of COVID-19.
- Must thoroughly wash hands prior to engaging in any exercise and after the workout session is finished.
- Must always keep a 6-foot distance from one another.
- Must sanitize equipment before and after each use.
- Should bring their own water and towels as water fountains and towel service are currently not offered. Showers, locker rooms, restrooms and sinks are available.
- Agree to not enter the health clinic area while in the facility unless they have an appointment.

# 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



Hallway

**Group  
Exercise Room**

**Indoor 1/2  
Basketball  
Court**

**Health Clinic**