

## Internship Sites in Lubbock

### **Cardiac/Pulmonary Rehabilitation**

LifeStyle Centre – Covenant Medical Center

3615 19th St., Lubbock, TX 79408

Lauren Henry, Intern Coordinator, (806) 725-4386

[henryl1@covhs.org](mailto:henryl1@covhs.org)

University Medical Center Cardiac Rehab

Medical Office Plaza- 3502 9th St., Suite 410

Travis Armstrong, (806) 775-8950

[Travis.Armstrong@umchealthsystem.com](mailto:Travis.Armstrong@umchealthsystem.com)

### **Commercial Fitness Centers/Sports Clubs**

BodyWorks Sport

5921 W. 34th & Loop 289

(806) 799-4040

BodyWorks Active- 50th & Slide

5025 50th St., Lubbock, TX 79414

(806) 788-5500

BodyWorks for Women

5715 82nd St, Lubbock, TX 79424

(806) 783-0044

BodyWorks Super Sport-Family Center

5105 82nd St. Lubbock, TX

(806) 687-8000

Bodyworks Family Life Center

5402 4th St., Lubbock, TX 79416

(806) 687-4242

Freedom Fitness

4124 19th St., Lubbock, TX 79407

General Manager, (806) 797-7867

The Falls Tennis & Athletic Club

4705 112th St. Lubbock, TX 79424

Fitness Director/Manager, (806) 687-6080

Hub City Crossfit  
Cody Settle  
[cody@hubcitycrossfit.com](mailto:cody@hubcitycrossfit.com)

Premier Sportsplex  
9000 Memphis, Lubbock, TX 79423  
Owner, Curry Blackwell or Fitness Director  
(806) 771-4263

Zach's Club – [www.zachsclub.com](http://www.zachsclub.com) (2 locations)  
4229 78th St. – Lubbock, TX  
Paul Springer, Manager  
(806) 780-5454

### **Corporate Fitness/Wellness Programs**

Covenant Health System- Employee Wellness Program  
Casey Richey, Benefits Administrator, (806) 725-3094  
[crichey@covhs.org](mailto:crichey@covhs.org)

Physical Therapy Today  
Physical Therapy Today Exercise Center  
2431 S. Loop 289 Lubbock, TX  
Christy Reeves, (806) 771-8010

United Supermarkets  
7830 Orlando Ave., Lubbock, TX 79423  
Wellness Mgr.

### **Medical/Clinical Fitness/Wellness Centers**

Carillon Health Care Center  
1717 Norfolk Lubbock, TX 79416  
Curtis Norrod, Fitness Director (806) 281-6158

Lifestyle Centre- Covenant Medical Center

-see **Cardiac/Pulmonary Rehabilitation**

Physical Therapy Today Exercise Center  
-see **Physical Therapy/Rehab/Sports Medicine Centers**

Rehabcare at Carillon House  
Juanita Cesarez (806) 281-6232

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 (806) 283-3530  
[annette.boles@ttuhsc.edu](mailto:annette.boles@ttuhsc.edu)

LCU Student Recreation Center  
Michele Culpepper (806) 720-7856  
[Michele.culpepper@lcu.edu](mailto:Michele.culpepper@lcu.edu)

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  
[Amber.Rye@umchealthsystem.com](mailto:Amber.Rye@umchealthsystem.com)

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

Cornerstone Physical Medicine & Rehabilitation  
4010 82nd St., Lubbock, TX  
Bill Threadgill, PT., (806) 783-8234

House Chiropractic – Chiropractic, PT, AT  
(806) 747-1936  
Johnathan House DC, LAT

LCU Athletic Training  
Dustin Driskill (806) 720-7284  
[dustin.driskill@lcu.edu](mailto:dustin.driskill@lcu.edu)

Lubbock Sports Rehab - PT, AT  
4601 South Loop 289 # 11 Salem Village  
Mark O'Keefe or Jason Potter (806) 792-7200

Lubbock Sports Medicine - AT – Shadowing

4110 22<sup>nd</sup> Place

Jon Murray (806) 792-4329 ext. 233

[jon@lubbocksportsmed.com](mailto:jon@lubbocksportsmed.com)

Owens-White Outpatient Rehab Center/Covenant Sports Medicine

4010 22nd St, Lubbock, TX

(806) 725-5627

Physical Therapy Associates

3223 South Loop 289 Suite 101 (Pyramid Plaza)

Lex Gillean, Internship Coordinator

(806) 792-5522

Physical Therapy Today

Physical Therapy Today Exercise Center

2431 S. Loop 289 Lubbock, TX

Jeff Powell (806) 771-8010

[www.physicaltherapytoday.com](http://www.physicaltherapytoday.com)

Physical Therapy Today

4138 19th Street, Lubbock, TX

Mike McKaskle, (806) 780-2329

Sports & Industrial Rehab

4601 S. Loop 289, Ste. 11, Lubbock, TX 79424

(806) 792-7200

University Medical Center

TeamRehab & Sports Medicine

4642 N. Loop 289 Suite 205, Lubbock, TX 79416

Mitchell Brockman, MPT, Program Coordinator

[Mitchell.Brockman@umchealthsystem.com](mailto:Mitchell.Brockman@umchealthsystem.com)

(806) 775-9275

### **Strength & Conditioning**

Athletic Training Center, Texas Tech University

Aaron Uzzell, Assistant Strength Coach (806) 742-1345

[aaron.uzell@ttu.edu](mailto:aaron.uzell@ttu.edu)

Tory Stephens, Asst. Strength Coach (806) 742-1345

[tory.stephens@ttu.edu](mailto:tory.stephens@ttu.edu)

Texas Tech Men's Basketball  
Strength Coach, (806) 392-5774

**Sports Management**

LCU Athletic Department  
Chris Due  
[chris.due@lcu.edu](mailto:chris.due@lcu.edu)

TTU Athletics – Jones Stadium  
<http://www.texastech.com/school-bio/text-directory.html>

**Volunteer Organizations**

American Cancer Society  
3411 73rd St., Lubbock, TX 79423  
(806) 792-7126

American Diabetes Association  
8008 Slide Rd., Lubbock, TX 79424  
(806) 794-0691

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