

## PERSONAL TRAINING

Be held more accountable with Personal Training at HWC. One of our several trainers will assess your fitness needs and develop a program that fits your schedule.

EMAIL US [tony.buagas@christushealth.org](mailto:tony.buagas@christushealth.org)

## DEKA FITNESS



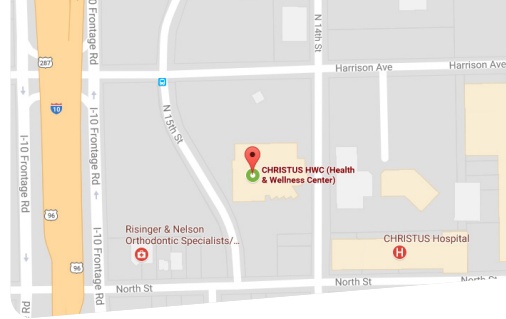
DEKA is The Decathlon of Functional Fitness. It consists of indoor fitness competitions and motivational training programs designed

for ALL levels. Take your OCR game to a whole new level and embrace the DEKA challenge. Learn more at [CHRISTUSHWC.ORG](http://CHRISTUSHWC.ORG)

## ONLINE TRAINING

Whether you have access to equipment at HWC, you're at home with no equipment, or traveling on the go we'll customize a weekly plan just for you with daily communication. For a FREE two week trial email

[tony.buagas@christushealth.org](mailto:tony.buagas@christushealth.org)



## OUR ADDRESS

3030 NORTH ST  
BEAUMONT, TX 77702

☎ (409) 236-7777  
✉ [christus.hwc@christushealth.org](mailto:christus.hwc@christushealth.org)  
🌐 [CHRISTUSHWC.ORG](http://CHRISTUSHWC.ORG)

## OPEN HOURS

{ WE CLOSE ON PUBLIC HOLIDAYS }

MONDAY – FRIDAY 5 AM – 9 PM  
SATURDAY 7 AM – 7 PM  
SUNDAY 10 AM – 6 PM

Experience CHRISTUS HWC, voted the best fitness facility in Southeast Texas



Member Experience Awards  
gold award



WILTON P. HEBERT HEALTH &  
**WELLNESS CENTER**

CHRISTUS.  
SOUTHEAST TEXAS  
St. Elizabeth



### Steven H.

Charter member since 1996

“The entire staff is very professional, courteous, and genuine. They all are amazing! The facility is extremely clean, and the equipment is up to date! There are numerous amenities to choose from!”



We believe that through exercise your day is brighter, more productive, and healthy. Movement is medicine.

Visit us today  
**CHRISTUSHWC.ORG**

Welcome to CHRISTUS HWC (Wilton P. Hebert Health & Wellness Center), a 95,000 sq ft. fitness facility with friendly and knowledgeable staff here to help you become and even better you:

- Dozens of Group Fitness classes per week
- Swim in our indoor and outdoor pools
- Tennis, Racquetball, Squash & Pickleball
- Full-court basketball gymnasium
- Free Child Care from 6 months - 12 years  
*Monday - Friday 8a-12p, 4p-8p / Sat 8p-12p*
- Lockers, showers, whirlpool, sauna, and steam room.
- The latest cardiovascular and strength training equipment, including stair climbers, indoor cycling, treadmills, computerized bikes, elliptical steppers, and indoor track.



**Heleniah**  
HWC Member since 2018

“I genuinely enjoy every moment at this facility that I refer to as my second home. From the staff, innovative group fitness activities, not to mention an AMAZING child care team, there’s no place I’d rather utilize for my wellness journey. Thank you for being so awesome! For more testimonials visit [christushwc.org/member-testimonials](http://christushwc.org/member-testimonials)

### MEMBERSHIP OPTIONS

ADD-ON, SENIOR, CORPORATE, AND STUDENT DISCOUNTS AVAILABLE. SEE MEMBERSHIP, CUSTOMER SERVICE OR VISIT CHRISTUSHWC.ORG FOR PRICING

**12-Month Membership** **\$59 MTH**  
Subject to one-time \$200 enrollment  
Add-on \$40 / mth + \$100 enrollment

**Three-Month Temporary** **\$225**  
Perfect for Summer or triathlon training!  
Available once per year, per person. **\$0 ENROLLMENT**

**Month-to-Month** **\$75 MTH**  
12-month commitment, must provide a 30-day written notice to cancel  
**\$0 ENROLLMENT**

**Senior** Subject to \$200 one-time enrollment. Add-on discount available. **\$47 MTH**

**Corporate** Subject to \$200 one-time enrollment. Add-on discount available. **\$47 MTH**

**PREMIER** **\$135 MTH**  
**\$0 ENROLLMENT**

Premier at HWC is the club, within a club. Weekly small Group Training classes like: Reformer Pilates, Core Conditioning, TRX, and Strength and conditioning. You also receive free, upgraded white towel services, a personal locker for storage, and a MYZONE belt. All the best services in one.  
**Try out a class on us!**

#### Mindful Nutrition

Services include 1-on-1 counseling, meal plans, mindful programs, and nutrition therapy. Visit [christushwc.org/nutrition](http://christushwc.org/nutrition) for more details.

SCAN ME



Visit **CHRISTUSHWC.ORG** for more information. Scan QR code for a welcome video and virtual tour from our General Manager.

### MEMBERSHIP BENEFITS

- ✓ **Program Discounts**  
Take advantage of various discounts like swim lessons, kids’ camp, KID FIT, bootcamp, and much more for you and your family. As always, receive a free month for referring a new member to HWC.
- ✓ **Mobile App**  
No need to carry your membership card with our e-check-in on your phone or Apple Watch. Real-time Group Fitness schedules and current club capacity, swim lane and tennis court reservations, book small group training classes and view account details.

