

LiveWell Athletic Club - Lufkin

lufkin

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LiveWell Athletic Club - Lufkin

Welcome to LiveWell Athletic Club in Lufkin, Texas

If you're searching for a **physical fitness program** that caters to all your workout needs while providing a family-friendly atmosphere, look no further than the **LiveWell Athletic Club**. Located in Lufkin, Texas, this gym is more than just a place to exercise; it's a community hub that offers a variety of **amenities** and programs designed for individuals of all ages.

Facilities and Offerings

LiveWell boasts an array of impressive **amenities**. One of the standout features is the **ginormous swimming pool**, which includes a water soft play area for kids. It's perfect for both casual swimmers and those looking to participate in aquatic classes. For sports enthusiasts, the **basketball court** provides ample space for games, while the indoor walking track and outdoor tracks are ideal for jogging or leisurely strolls.

The club also has a dedicated **sauna** where you can unwind after a rigorous workout. Many members appreciate the cleanliness of the locker rooms, which include **showers** and changing facilities, making it convenient to refresh after a workout or swim. Furthermore, the **wheelchair-accessible entrance** and **wheelchair-accessible car park** ensure that the facility is accessible to everyone.

Community and Atmosphere

One of the most frequently praised aspects of LiveWell is its welcoming atmosphere. Members describe it as a "perfect friendly place to exercise." The staff is consistently noted for being helpful and ensuring that equipment is kept clean and well-maintained. This attention to detail contributes to a comfortable environment, encouraging regular attendance and participation in fitness activities.

A Variety of Classes

LiveWell also offers a multitude of fitness classes, such as "Shapes," which has been highlighted for its effectiveness in improving balance and overall fitness. Members rave about the supportive coaches who motivate participants to push their limits while fostering a positive environment. With classes like Body Pump and Body Combat, there's something for everyone.

Accessibility for Families

Families will find that LiveWell goes above and beyond to cater to all ages, including programs for little ones during the summer months. The presence of a daycare allows parents to focus on their workouts without worry. The inclusion of amenities such as a splash pad, tennis courts, and outdoor games like pickleball make it a great family activity center.

Pricing and Value

While some members have found the rates at LiveWell to be on the higher side compared to other gyms in the area, many agree that the quality of services and extensive **offerings** justify the cost. Membership provides access to all the

facilities, including free weights, cardio machines, and group classes, making it more than just a gym; it's a lifestyle investment.

Conclusion

In summary, LiveWell Athletic Club stands out not only for its wide range of **amenities** but also for its commitment to creating a sense of community among members. Whether you're looking to improve your physical fitness, enjoy quality time with family, or simply relax in the sauna after a swim, LiveWell is the place to be in Lufkin, Texas.

Our establishment is located at

1616 Tulane Dr, 75901 Lufkin, Texas - United States (US)

The contact phone of the mentioned **Physical fitness program** is +1936-639-5483
And if you want to send a WhatsApp, you can do so at +1936-639-5483

We are open during the following hours:

Day Hours
Monday
5?AM–10?PM
Tuesday
5?AM–10?PM
Wednesday
7?AM–9?PM
Thursday
1–8?PM
Friday
5?AM–10?PM
Saturday
5?AM–10?PM
Sunday
5?AM–10?PM

The website is LiveWell Athletic Club

In case you want to update any element that you consider is incorrect concerning this web, we kindly request deliver a message and we will adjust it at the earliest convenience. Thank you in advance thank you very much.

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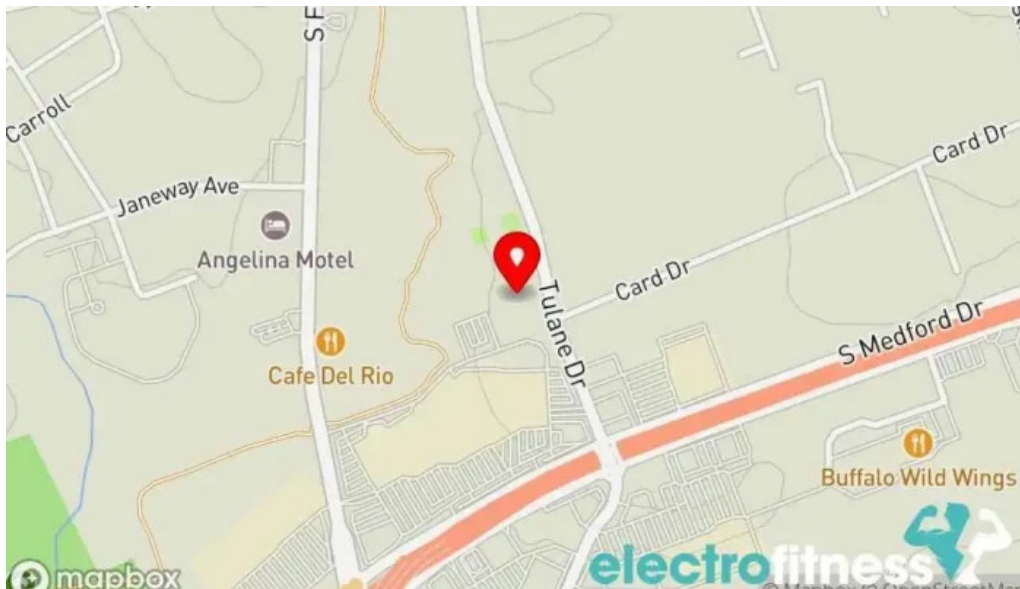
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Tags

Basketball court, Amenities, Sauna, Offerings, Atmosphere, Wheelchair-accessible entrance, Accessibility, Shower, Swimming pool, Wheelchair-accessible car park

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