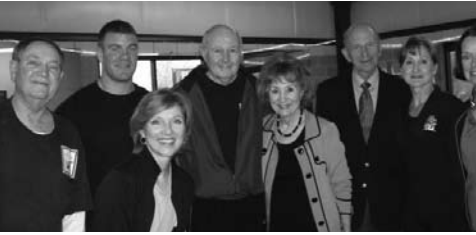


Center for Fitness

With the Holidays approaching and the New Year on the horizon, this is a great time to appreciate the events of 2011 and anticipate the promise of 2012. Here's a sampling of the special activities going on at The Center for Fitness:



Health and Wellness Program – “Gail Days”, special exercise events and fitness talks by internationally recognized leaders in the health profession, were created to celebrate the life of Gail Sears, owner and founder, who passed away on New Year's Eve after a four-year battle with brain cancer. Gail worked tirelessly to encourage people, young and old, to enjoy the benefits of a healthy lifestyle and regular exercise program and her family is continuing her legacy at The Center for Fitness. Pictured here is Dr. Kenneth H. Cooper, M.D., M.P.H., known internationally as the “Father of Aerobics,” along with his wife Milly, Gail's family and staff. Dr. Cooper kicked off the year-long series with a tribute to Gail, remembering her as “his respected colleague”, and shared his insights for adding years and quality to life

expectancy. In addition to these “Gail Days”, we also invited the public to a series of Brown Bag Lunches featuring local health physicians and health care providers discussing subjects such as sleep apnea, joint replacements, and physical therapy. Future topics include chiropractic care, back care, neurology, and fibromyalgia.

Yoga and Pilates Studio - Center 2, the Hill Country's premier Yoga and Pilates Studio, adjoins The Center for Fitness. Rick Trzcinski, pictured here, teaches a variety of yoga classes and led a session in Laughter Yoga for our anniversary celebration. Four instructors/personal trainers are now licensed to work individually with clients on the Pilates Reformer and Cadillac: Cathy Ermis, Tiffany Haycraft, Kathy Sears Hall, and Jody Shanks Robeson, who is also scheduling private physical therapy sessions onsite.



Aquatics Features – Two indoor heated pools are available for year-round swimming, water classes, and swim lessons. Dawn Graves, pictured here, is teaching the first Aqua Zumba® class offered in the area on the 1st and 3rd Saturdays of the month at 10 am. Classes are open to the public and free through the end of the year (\$5 for members and \$8 for non-members in 2012). Aqua Zumba® -- an invigorating “pool party” workout with splashing, stretching, twisting, even shouting, laughing, hooting and hollering -- is a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief!

Cardio and Strength Equipment- Keeping up with the latest trends, we have added a TRX RIP Trainer, shown here with Personal Trainer Ken Marshall and member Jency Carson. Treadmills, ellipticals, bikes, Jacob's Ladder, Ab Coaster, free weights, and a full line of strength equipment are also available. Free fitness and nutrition orientations are available to new members so that you can formulate a personal wellness program.



We are a locally owned, family operated facility and just celebrated our 37th year in the community and 12th year on Water Street. With over 265 years of cumulative fitness experience, our friendly staff is uniquely qualified to help you achieve your fitness goals. Health service offerings include massage therapy, nutrition counseling, Reiki, swim lessons, physical therapy, and personal training. We proudly carry Cooper Complete supplements. Our membership fees are simple and consistent, so you don't have to wonder if the person next to you on the treadmill got a better teaser rate! Specials are instead offered to existing members as a reward for a healthy lifestyle. Call 830-257-7070 to find out about our \$59 30-day Winter Texan rate as well as our no-contract individual, couple, and corporate membership fees and Hometown Hero Card Discounts. Try out one of the classes through Club Ed at www.clubed.net. Give the gift of health with a gift certificate. Start your New Year on the right foot at The Center for Fitness!

The Center for Fitness 1407 Water St. • 257-7070 - www.thecenterforfitness.com