

Spring Just Around the Corner

This winter has been harsh but spring is around the corner! This is a great time to focus on your own health and The Center for Fitness, a locally owned family owned business, has the facilities and the resources you need to get in shape, relieve pain, reduce stress, and live a healthier life.

Individual, Couple, Family and Corporate memberships are available, along with a temporary “**Winter Texan**” rate. The Center for Fitness features up-to-date equipment, knowledgeable instructors, and an environment of personalized service. They offer **two indoor pools** that will allow you to enjoy the water without the icy temperatures or burning rays of the sun. The 12' x 12' warm therapy pool is great for stretching, relaxing, or rehabilitating any injuries or muscle soreness. The 30' by 60' lap pool is perfect for aquatic aerobic classes and walking or swimming on your own. Both pools are used for individual or group swim lessons year-round. They also have a full line of **aerobic and strengthening equipment**, and a variety of **group fitness classes** taught by certified instructors. Formats range from Low Impact and Step Aerobics, to Pilates, Yoga, Tai Chi, Tai Chi Light, Stretch, Cycle, Pace Circuit, Group Strength, Drums Alive, Water Aerobics, and Stretch and Flex in the warm therapy pool. Zumba is coming soon!



Specialists are on-site at The Center for Fitness to offer additional services for your total well-being:

- **Personal Training** with certified trainers Cathy Ermis (ACE and Cooper Institute), Jane Garbish (Cooper Institute and Fletcher Pilates), Jody Shanks (Physical Therapist, ACSM, AEA, Fletcher Pilates), Ken Marshall (ACE), Kathy Andrews (NASM, AEA, Cooper Institute), Craig Johns (ISSA), and Kathy Sears Hall (Cooper Institute and Fletcher Pilates). Each personal trainer holds credentials from the most respected certification agencies and will work with you to achieve your goals.
- **Massage therapy** by Vivian Schroeder, LMT. Vivian is a graduate of the 750 hour program at Lauterstein-Conway Massage School of Austin, with more than 110 additional hours of advanced bodywork training. Her sessions integrate Swedish, Sports, Deep Massage, the Lauterstein Method, Clinical Massage and Thai-Shiatsu tablework into an effective therapeutic massage to meet each client's specific healing or maintenance needs and goals. Vivian can be reached at 830-992-0962 for questions or scheduling of an appointment.
- **Acupuncture** with Dr. Candice Jackson, licensed naturopathic physician and licensed acupuncturist. For those that prefer, she can treat points with “no-needles”. Dr. Jackson is trained to avoid interactions with medicines that a client might already be taking. The human body works wonders at healing itself given a chance. Dr. Jackson can be reached at 377-4047.
- **Nutrition** counseling with Linda Irion, registered dietitian. Linda is scheduling individual nutrition sessions and conducting periodic classes in diabetes. Her services are covered by Medicare and she accepts most insurance plans. Contact Linda at 285-0900 to find out more.
- **Reiki** with Reiki Master, Anne Schneider. Reiki, a non-intrusive, hands-on technique that brings relaxation and supports healing at multiple levels, is a worldwide integrative therapy utilized by hospitals and patient programs, including Houston's M. D. Anderson Cancer Center. For more information or to schedule your Reiki appointment, contact Anne at 895-3361 or 739-5828.
- **Swim lessons** year-round with Lucy Dubuisson, certified swim instructor. Lucy teaches clients based on Red Cross water safety guidelines, focusing on visual presentation, water safety, and practice of new techniques. She works with all age ranges, from beginners to those that want refresher courses or to strengthen and practice what they've already learned. Call Lucy at 238-3380 to ask questions or schedule lessons.

Drop in The Center for Fitness and attend a water or land based class. Come by 1407 Water Street and pick up a schedule, call us at 257-7070, or look us up on the web. Come see us and take the first step towards improving your health!

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