

Center for Fitness

The Center for Fitness has just celebrated its 10 year anniversary on Water Street. Gail Sears, owner and founder, began teaching exercise classes in the early 1970's to 12 friends at the Holy Cross Lutheran Church in Kerrville. "Gail's Aerobic Lifestyle" moved to the Municipal Auditorium in the late 1970's and was sponsored by the Parks and Recreation Department. The business grew and began offering morning and evening exercise classes. As Gail began training more instructors, she expanded from 3 classes a week to 15. Water aerobic classes were soon being taught in the summers at the Riverhill and Municipal pools. In 1993 "Gail's Aerobic Lifestyle" moved to 623 Myrta Street in Kerrville. Exercise equipment was added and 22 classes a week were offered. On August 2, 1999, The Center for Fitness opened its doors at 1407 Water St. in Kerrville. Dr. Kenneth Cooper was the guest speaker at the grand opening, which was well received and drew statewide attention. Membership has steadily grown since then, and continues to flourish. In addition to offering over 50 classes a week, they have a wide range of cardiovascular and resistance equipment, two pools, and the Hill Country's premier Pilates/Yoga facility in Center 2. "At The Center for Fitness, we pride ourselves on the attention we pay to each and every client. We get to know our clients, their needs and goals, and provide them with the safest, most effective instruction. Our goal is to provide our clients with a friendly, clean, safe, non-competitive atmosphere in which they can enjoy getting fit", states Gail Sears, owner and founder.



"Eddie and Gail Sears, Owners of The Center for Fitness"

Many local businesses acknowledged the 10 year anniversary by contributing fabulous prizes. In doing so, they not only recognized The Center for Fitness but also its members as a being a vital part of the local community. The Inn of the Hills and the YO Ranch Resort furnished wonderful grand prizes. HEB and Wells Fargo Bank provided refreshments throughout the month and Party Headquarters kicked the event off with beautiful balloons. Dr. Miloy's office offered discounted antioxidant screenings and Kerrville Business Programs helped publicize the festivities. Members enjoyed prizes from a variety of businesses and individuals, many of whom are business partners and members of The Center for Fitness. The names of all those that contributed are posted on the bulletin board at The Center for Fitness and on their web site at www.thecenterforfitness.com.

The anniversary was a huge success in August, and there are two more special events to look forward to this month: A special Nia class on Saturday, September 19th, and a Fletcher Pilates benefit on Sunday, September 20th, for The Center for Living and Leading in sponsorship of Tri Delta's Fat Talk Free Week and Reflections: Body Image Program. Call us at 830-257-7070 to find out more.

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www.thecenterforfitness.com