

GROW DEEPER
LIVE **STRONGER**
UNSTOPPABLE **TOGETHER**



FITNESS
/// @ HOUSTON'S FIRST

FITNESS & RECREATION CENTER

Our goal is to provide our members with resources to build and sculpt healthy bodies and lifestyles. We desire for you to become physical and spiritually fit in a setting that is safe and encouraging. Prefer to give us a test drive before joining? We offer a 14-Day Pass just for asking.

TRIM YOUR BODY, NOT YOUR WALLET

NO CONTRACTS

Enrollment fee (one per family) | Includes a Smart Start Program | \$50

Individual \$30/month | \$300/year (\$50 savings) **Spouse** \$20/month | \$200/year (\$30 savings)

Senior Adults (65+) \$15/month | \$150/year (\$30 savings) **Spouse (65+)** \$15

Students (16+) \$20/month | \$200/year (\$30 savings)

Day Pass \$10

WE'LL TAKE CARE OF THE KIDS

COMPLIMENTARY CHILDCARE

Childcare is available in the Fitness & Recreation Center. Like all childcare at Houston's First, this is a safe and loving environment for your children.

SEE FRONT DESK FOR LOCATION AND TIMES

GROUP X EXPERIENCE

Our complimentary classes are a great way to get in shape while having fun and being part of a community at the same time. A variety of formats includes strength, spin, boot camp, Pilates and Perfect Alignment (yoga alternative). Intensities range from calm and relaxing to rigorous, so all classes can be enjoyed by all fitness levels. Download the fitness schedule for additional information on each of the classes.

PERSONALIZE YOUR FITNESS

We are committed to providing quality training at a competitive price. No matter your goals a certified trainer can help you take your health and fitness to the next level. Private and semi-private options available.

For more information contact Fitness@HoustonsFirst.org.

ENJOY THE BENEFITS

- TechnoGym cardio equipment
 - Cybex strength, functional trainers and free weights
 - Two weight rooms
 - Indoor walking track
 - 30+ Group X classes
 - Basketball courts
 - Racquetball courts
 - Six-lane bowling alley
 - Kids' playland
 - Birthday parties*
 - Free WiFi
- *additional cost applies

WE'RE HERE FOR YOU

HOUSTONSFIRST.ORG

Check out the Recreation Ministry at HoustonsFirst.org. We have many programs including youth soccer and volleyball, singles intramurals, summer day camp, and more.

713.957.6710

7401 KATY FREEWAY
HOUSTON, TX 77024

MON-THU @ 5:30A-10P
FRI @ 5:30A-7P
SAT @ 8A-5P
SUN @ 1-5P



FitatHouFirst



HFBCfitness



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