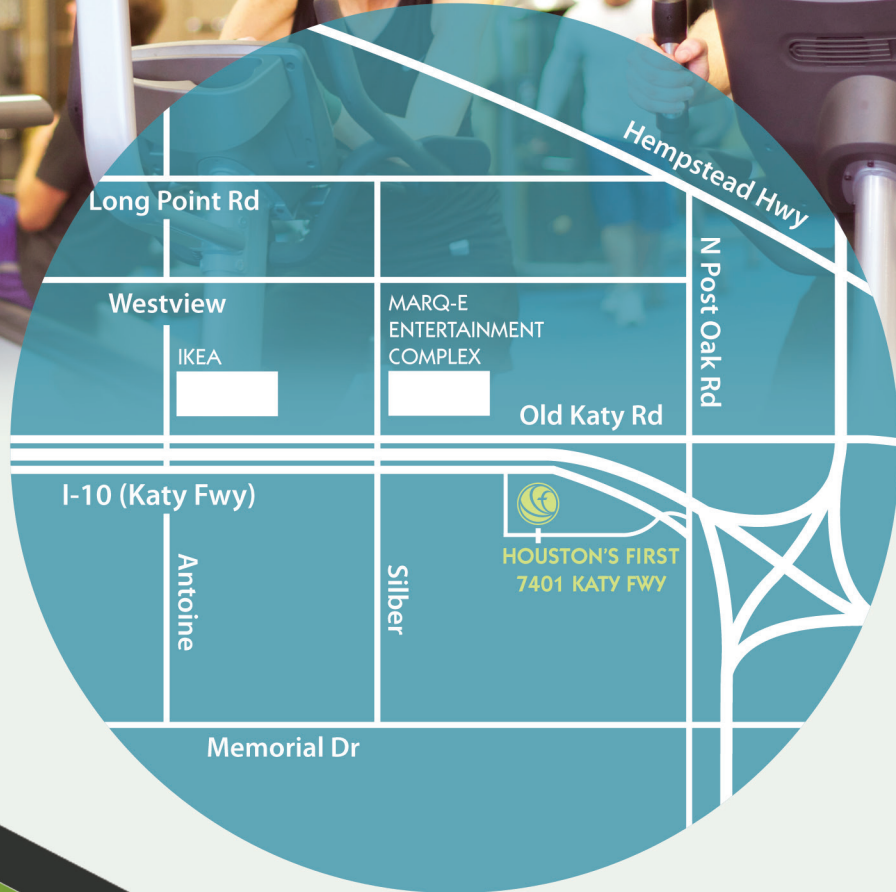




FITNESS & RECREATION

AT HOUSTON'S FIRST BAPTIST CHURCH



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HoustonsFirst.org/Recreation • 713.957.6710



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 physically and spiritually fit in a setting that is family friendly.

TRIM YOUR BODY, NOT YOUR WALLET »

NO CONTRACTS

Enrollment Fee (one per family) » Includes a free weight room orientation	\$50
Individual	\$25/month
Additional Spouse, Students (16+) and Senior Adults (65+)	\$15/month
Day Pass	\$8

WE'LL TAKE CARE OF THE KIDS »

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 INFORMATION

WE'RE HERE FOR YOU »

Mon - Thu	5:30a-10p
Fri	5:30a-7p
Sat	8a-5p
Sun	1-5p

WANNA HAVE SOME FUN? »

If you have never tried Group X classes, it may be the missing link to make your workouts effective and fun! With choices ranging from Zumba (Latin cardio) to Rocksolid Fight (martial arts cardio), Godspeed (indoor cycling) to Lift (strength) and Pilates for stretching and relaxation. You're sure to find a workout you can get results and connect with some awesome people! Check out the schedule for a list of classes! All classes are free & included when you become a member, even zumba & spin classes!

OTHER COOL STUFF »

Outdoors Unlimited is a collection of outdoor activities designed to help you connect with God through nature, build relationships with others and stay fit. There are a range of options for any interest: mountain biking, road biking, running, hunting, fishing, backpacking, rock climbing & much more!

ENJOY THE BENEFITS »

- » Cardio Equipment With TV's, Weight Machines, Functional Trainers, Free Weights and More
- » Rubber Olympic Walking Track With Outdoor Feel
- » Stretching Room
- » New and improved locker rooms
- » 20+ Group X Classes
- » Personal Training*
- » Basketball Courts
- » Racquetball Courts
- » 6-Lane Bowling Alley
- » Birthday Parties*
- » Kids' Playland
- » Free WiFi & more!

** Additional Charges Apply*

FEEL FREE TO CONTACT US »

Online »
HoustonFirst.org/Recreation or Facebook.com/FitnessandRecreation

Email »
FitnessAndRec@HoustonFirst.org

Phone »
713.957.6710

