

February 2013
Starport
Newsletter



<http://starport.jsc.nasa.gov/> 

Starport shows some **LOVE** this month with a Specialty Spinning Class, Group Fitness Specials, Parent's Night Out, & Valentine's Day offerings from the Gift Shops!

Sweetheart Spin

Grab your sweetie and join us for this fun one hour spin ride complete with chocolate covered strawberries and refreshments! One lucky participant will win a HEART rate monitor. Registration now open at the Gilruth Information Desk. Call 281-483-0304 for more information.

Thursday, February 14 6:00pm-7:00pm
Gilruth Center, Studio 2 \$25/couple or \$15/individual

Group Exercise Studio Pass.... Special February Pricing

Did you know that your family and friends can join in on the Group Exercise classes at the Gilruth Center with no Gilruth Fitness Membership required? The Studio Pass allows unlimited day use of the group exercise classes in Studios 1 and 2, as well as locker room use. With almost 40 classes to choose from including Spinning, Zumba, Body Pump, Cardio Blast, Kickboxing, and more there is something for everyone! For this month only, you can purchase a 40 Day Studio Pass for \$120. (Limit one 40 Day Pass purchase per person).

Cupid's Valentine Delivery

Buy your flowers and Valentine gifts at Starport and have your sweetie or coworker's gift delivered *right to his/her desk* by Cupid's Delivery Service or take one home to the kids. Tell someone you Like Them A Latte' for just \$10 or they are Purr-fect, Unforgettable, or Out of This World with a novelty Valentine package for just \$6.00. Add a massage, Inner Space membership, or personal training session and make it memorable for your special someone. Stop by the Starport Gift Shops and place your order today.

Visit <http://starport.jsc.nasa.gov/Giftshop/index.cfm> for gift options.



Parent's Night Out

Take advantage of our special day-after-Valentine's Day Parent's Night Out at the Gilruth Center. Enjoy a night out on the town while your kids enjoy a night with Starport! We will entertain your children with a night of games, crafts, a bounce house, pizza, movie, and dessert. Register at the Gilruth Center front desk.

Friday, February 15 6:00pm-10:00pm Ages 5-12.
\$20/first child and \$10/each additional sibling if registered by Feb 13.
Visit <http://starport.jsc.nasa.gov/Youth/PNO.cfm> for more information.



Starport's Inner Space Yoga, Pilates, and Massage Studios has a new website! Check it out for current schedules, pricing, and specials for the month of February!

www.innerspaceclearlake.com/

Massage Specials with Inner Space Yoga/Pilates Membership for February Only!

\$30 Off a 60 or 90 minute massage with the purchase of a 12 week Inner Space membership

\$15 off a 60 or 90 minute massage with the purchase of a 6 week Inner Space membership

\$10 off a 60 or 90 minute massage with the purchase of a 4 week Inner Space membership.

(Restrictions apply)

...AND...

Free Week of Yoga/Pilates Classes!

February 10 - 15, 2013

Come try some classes, on us!

What's going on in our Cafés and Gift Shops:

First Tuesday

10% off in Gift Shops for Starport Partners
February 5

JSC Federal Credit Union—B3 & B11

February 6 - 11am-1:30pm

Sam's Club—B3 & B11

10:30am-2:30pm

February 5 February 19

February 7 February 21

February 11 February 25

February 15 February 28

CostCo—B3 and B11

February 13—11:00am-1:30pm



Fitness and Nutrition Videoconference Series

February 14 at 1:30pm:

Develop Your Own Fitness Program