Luca Callini (left) Nicole Hernandez (right)

Starport Team Representing at Les Mills LIVE

This summer, Starport was represented at the Les Mills LIVE events both in Orlando, FL and San Diego, CA. These are the largest events organized by Les Mills US bringing together instructors and fitness enthusiasts from around the world. On June 23, our very own Les Mills Instructor Luca Callini was chosen to be on stage, showcasing the new Les Mills BODYFLOW 81, alongside world-class international presenters at the Orlando event. In addition, Nicole Hernandez, Starport Deputy Wellness and Fitness Manager, attended LIVE in San Diego participating in BODYCOMBAT on board the USS Midway, as well as networking with several Les Mills program directors to gain knowledge on how to continue expanding Starport's Group Exercise programing.

Way to represent NASA Starport!

STARPORT MISSION

To empower lives and promote the overall wellbeing of the JSC Team.

STARPORT VISION

To provide a welcoming experience, modern and flexible amenities, and inclusive services to engage, enrich and energize the JSC Team.

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SPECIAL POINTS OF INTEREST

- Register: You, On Purpose
- Labor Day Hours

Do You Want To Dance?
Take Lessons at the Gilruth Center

Click Here For More Information

Flag Football
NASA's Gilruth Center

REGISTER ON IMLEAGUES.COM/NASA-STARPORT

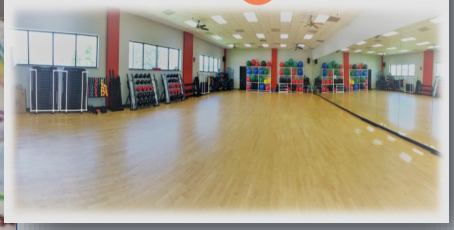
Co-ed Volleyball
Competitive and Recreational Divisions

REGISTER ON IMLEAGUES.COM/NASA-STARPORT

HAVE YOU CHECKED OUT THE UPDATED FACILITIES?

Strength & Cardio Center

Energy Lab



Zen Den

Cycle City

NOTICE

The on-site jogging trail will be closed for approximately 3 months beginning August 20th, 2018.
This construction project encompasses five goals that will make the trail safer and more durable:

1. Repaving the asphalt portion of the trail
2. Paving the gravel portion of the trail with asphalt
3. Suring up the eroded areas near culverts to reduce tripping hazards
4. Install access points for mowers to maneuver over trail without damage to trail or mower
5. Replace faded or missing signage along trail for safety and mile markers

This work is associated with the Center's construction and cleanup efforts after Hurricane Harvey.

* Please note that there is a 0.5 mile trail winding through mostly shaded areas (do not need NASA badge for access) on the south side of Gilruth Building.

CONNECT WITH US

LET'S DO LUNCH

Food, Music, Life Food Truck

Coming this month to NASA.

Check schedule for food vendor/truck dates here!

PERSONAL GROWTH AND MASTERMIND WORKSHIP—"YOU ON PURPOSE"

A series of personal growth and mastermind workshops designed to help you operate at your fullest potential. Are you getting in your own way? Contrary to popular belief, it takes hard work and practice to build confidence, take risks, make decisions and manage emotions. Register now for the first session, "**Shifting Your Mindset**."

- Six weeks, Tuesdays from 5:30 to 7 p.m. Aug. 21 to Oct. 2 (no class Sept. 4) $284 - Registration More details HERE!

LABOR DAY HOURS

Monday, September 3, 2018

Gilruth will be open from 8:00AM - 5:00PM

No GroupX classes

Normal schedule will resume, Tuesday, September 4th