

Starport Newsletter

July 2013



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



Are you taking advantage of your **FREE FITNESS MEMBERSHIP** to the Gilruth Center? If you are a Civil Servant, or if the company you work for is a [Starport Partner](#), you are eligible for a free fitness membership. If you haven't already gotten your free fitness membership, stop by the Gilruth Center anytime to sign up! Your spouse or children can also join our facility for a reasonable rate. Visit our [website](#) or stop by and take a look at all that we have to offer! Included in your membership is access to our:

Strength and Cardio Center

- Free orientations, exercise equipment demos, & fitness program advice from certified fitness professionals
- 7000 sq ft strength & cardiovascular area with state of the art equipment including 40 Cardio Machines & 60 Strength Training Machines
- Dedicated free-weight area
- Dedicated stretching area
- Dedicated open floor exercise area
- Two Olympic lifting platforms with standard plates and bumper plates
- 8 Televisions with Cardio Theater modules on each cardio machine – just bring your own headphones

Group Exercise Studio

- Over 40 Group Exercise classes per week with a wide variety of offerings
- Top of the line equipment including Bosu, Body Bars, Dumbbells, Medicine Balls
- Two fully mirrored walls
- State of the art sound system
- Wood flooring

Jogging Trails

- One 0.5 mile trail and one 2.6 mile trail

Spinning® Studio

- 26 Spinning® Stationary Bicycles
- Individualized “bike fit” setup conducted by Spinning® certified instructors
- Cadence meters and heart rate display (must have own Heart Rate Monitor strap)
- State of the art sound system
- Future Projector System Upgrade
- Specialty themed rides
- MS150 training program

Full Court Gymnasium

Gilruth Center - OPEN JULY 4th



Independence Day Hours & Class Schedule

Thursday 7/4/13

Entire Facility Open - 8am-12pm

Independence Day GroupX

Spinning	9am-10am	Studio 2	Steve
Body Pump	10am-11am	Studio 1	Tonya

LEAGUE SPORTS



Gather your team and get registered for Starport's Summer 2013 League Sports! Registration opens this month for Basketball, Dodgeball, Kickball, Softball, Ultimate Frisbee, and Volleyball.

Visit www.IMLeagues.com/NASA-Starport for more information and to register.



Financial Wellness Classes

Introductory Class Series
Retirement, Taxes, and Estate Planning Series
Topic Specific Classes (Insurance & Investments)
Webinars

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

JSC Federal Credit Union—B3 & B11

July 3 - 11am-1:30pm

First Tuesday

10% Discount to Partner Companies in Gift Shops
July 2

Sam's Club—B3 Cafe

Every Thursday - 11-2