

Starport Newsletter

August 2013



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



Starport Memberships: New Names, New Pricing

Starport is happy to announce that we have restructured the membership options for several of our fitness programs to make our memberships more streamlined and user-friendly, while also re-naming the memberships. **Starport Partners and JSC Civil Servants still receive free fitness memberships to the Gilruth Center and have the opportunity to purchase a membership to The Inner Space Yoga and Pilates Studio.** Family and friends of the JSC workforce and the general community also have the opportunity to purchase memberships to The Inner Space, as well as our Group Fitness Classes. Spouses and dependents of the JSC workforce are able to purchase full fitness memberships, which includes all group exercise classes and access to the strength and cardio center.

New Membership Options 

INTERPLANETARY

Access
Strength and Cardio Center
Group Exercise
SPINNING Studio
Basketball Gymnasium

Eligible:
Spouses and Dependents
of JSC Workforce

Fee: Bi-Annual \$165
Annual \$265

UNIVERSAL

Access
Group Exercise
SPINNING Studio
The Inner Space Studio

Eligible:
All Community Members

Fee: Bi-Annual \$225
Annual \$375

GALACTIC

Access
Group Exercise
SPINNING Studio

Eligible:
All Community Members

Fee: Bi-Annual \$150
Annual \$250

INNER SPACE

Access
The Inner Space
Yoga and Pilates Studio

Eligible:
All Community Members

Fee: Bi-Annual \$150
Annual \$250

The Inner Space

Yoga, Pilates, and Massage Studios of Clear Lake

August Specials

MASSAGE SPECIAL

\$55 for 60 minutes

Schedule a massage online at www.innerspaceclearlake.com no later than August 31. The massage can take place no later than November 30, 2013.

FREE DEMO CLASS

Full Circle Fusion

Sunday, August 4 1:45-2:45pm

Come full circle with your mind, body, and spirit in this heart-pumping fusion of Yoga, Pilates, and body-weight plyometrics; a glorious exercise experience inspired by the natural healing elements of nature (air, fire, earth, water) and the cardinal directions of the Native American medicine wheel. All levels welcome.



CHAMPIONS BREAKFAST

Our next Champions Breakfast will be **Wednesday, August 21st, 8:30-9:30am** at the Gilruth Center in the Lonestar room. Please come join all your Wellness Champion cohorts while enjoying a light breakfast and hearing about the great programs and events taking place at JSC in conjunction with Starport. We will also be presenting Simple Steps to Eating Healthier. Contact Starport's Wellness Manager, Joseph Callahan, for more information and to RSVP your company's representative. 281-244-2769

Fitness/Nutrition/EAP Videoteleconference Series

August 15 1:30pm Topic: Work/Life Balance

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

JSC Federal Credit Union

August 7 - 11am-1:30pm B3 & B11

First Tuesday 10% Discount to Partner Companies in Gift Shops
August 6

Sam's Club

Every Thursday - 11am-2pm B3



Books Are Fun Book Fair

August 14 and 15 - 9am-2pm
B3 Cafe