

September 2013 Starport Newsletter



Check out our new website!

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

New Personal Training Fee Structure

Starport has restructured its Personal Training fees to be more simplified and has a new staff of FitPros to help meet the fitness needs of our patrons.

Personal training is your opportunity to meet one-to-one with a qualified personal trainer to develop a fitness program specifically designed to meet your needs and interests. Personal training is the best way to receive high-quality instruction, motivation, and support for your new fitness routine.

Plus, you can choose to train with a friend in groups of two or three which can help keep you on track to maintain your fitness routines while saving you money. Visit our website or the Gilruth Information Desk for more information.

Duration	1 Client	2 Clients	3+ Clients
30 minute session	\$30.00	\$50.00	\$60 (\$15 more for each additional client)
60 minute session	\$50.00	\$80.00	\$90 (\$15 more for each additional client)



Meet Starport's new FitPro, Rodney Schumann. Rod has been involved in health and fitness since 1999. He continues to keep up with the latest fitness trends, holding certifications from the Cooper Institute, the National Academy of Sports Medicine, and the National Exercise of Sports Trainers Association. Rod possesses high energy and great enthusiasm, and his knack for training is inspiring and motivational. His passion to help people achieve personalized results is his number one priority.

Rod separates himself from other trainers with the love and compassion he has for everyone. He takes pride in always being a phone call away and his unmatched effort in doing what it takes to make his team believe in themselves.

"If you can dream it, you can achieve it." Rod Schumann

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

First Tuesday

10% Discount to Partners in Gift Shops
September 3

JSC Federal Credit Union

September 4 - 11am-1:30pm B3 & B11

Sam's Club

September 5 and 19 - 11am-2pm B3

Masquerade Jewelry Fair

\$5 Jewelry!

September 23 - 8am-3pm B3

NASA 55th Anniversary T-Shirt

Starport is excited to offer the latest agency T-shirt in celebration of NASA's 55th anniversary on Oct. 1. This is a special online purchase opportunity, with sizes ranging from youth medium to adult XL (just \$7, or \$8 for 2X-4X). Pick up your shirts at Starport with the TX-JSC option, or have them shipped to your home address for an additional fee. Orders must be placed by Sept. 15.

Order online today!



Save the Date!!

Starport Fright Fest

October 25, 2013
Gilruth Center

- Spooky SPINNING®
- Kid's Fright Fest Bash
- Children's Haunted House
- Thriller Dance
- Night(Mare) Run

AND MORE!



New to Fright Fest! NightMARE Run

Run or walk JSC's 2.6 mile running trail with this fun, hair-raising fitness challenge! This event is open to all ages. Proceeds from the Run will benefit the Starport Scholarship Program. More info to come!

