

STARPORT

NEWSLETTER



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



September 2014

Labor Day Hours

9/1/2014 8:00 AM - 12:00 PM

Gilruth Hours: 8am - 12pm (noon) | Spin @ 8:30am | Strength/Intervals @ 9:30am

Free Fitness Assessments for ALL Starport Members

Assessments Include

Body Composition, Cardiorespiratory Fitness, Muscular Strength, Muscular Endurance, and Flexibility

Participants will receive an analysis of their performance with comparisons to age/gender adjusted standards for each test, an overall fitness "score" and immediate feedback regarding their results. Additionally, the Certified Starport FitPro will make recommendations based upon your individual results and personal goals.

Duration: 30 minutes

To schedule an assessment, please call

281-483-8112



September 19th 6:00-10:00pm

League Sports - 2014



Adult Basketball League

9/17/2014 - 11/19/2014 6:00 PM - 10:00 PM REGISTRATION NOW OPEN: Fall 2014 Adult Basketball Team League -

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

\$5 Jewelry Sale

9/9/2014 8:00 AM - 3:00 PM

September 9, 2014

8:00am - 3:00pm | B3 Cafe

Upcoming Recreation Classes

Youth Karate



8/23/2014 - 9/27/2014
10:15 AM - 11:00 AM

REGISTRATION NOW OPEN! Your child will learn self discipline, self confidence, leadership, healthy competition, and sportsmanship!

Follow Starport for the latest NEWS!



Annual Holiday Bazaar

Booth Registration
NOW OPEN

Shop for the holidays with over 70 vendors including arts and crafts, jewelry, holiday and home décor, candles, children's books, baked goods, and more!

Saturday, November 15th at the Gilruth Center from 10am-4pm. Open to JSC team members, family,

