

All proceeds support NASA's Scholarship Fund



4 - Person Scramble

Team Registration opens February 5th

11th Annual NASA Golf Tournament

Quail Valley Golf Club

April 20, 2018



Sponsorship Opportunities Available



SPECIAL FEATURE

Proceeds of the Annual NASA Golf Tournament directly fund the JSC Exchange Scholarship.

Want to play golf? The Tournament is open to all NASA employees, contractors, retirees, friends, family and community members. For more information on the Scholarship Program, please visit the [Starport website](#).

◆ [SIGN UP YOUR TEAM](#)

◆ [INDIVIDUAL SIGN UP](#)

Want to be a potential sponsor? Varying levels of sponsorship range from \$300 to \$2,000 with great exposure for your company.

◆ [SPONSOR INFORMATION HERE](#)

For more information visit our [website](#).



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

- Spring Break Camps
- Spring Fling and Craft Fair
- New Hours for Gilruth Center

CATALOGUE OF EVENTS



STEM Engineering Spring
CAMP with LEGO®!
featuring
Batman's Gotham Gadgets & Batman Master Mechanics
MARCH 12-16, 2018
STARPORT
NASA EXCHANGE - JSC



HOUSTON ROCKETS
SPRING BREAK CLINIC
Powered by The National Basketball Academy



SPRING Fling March 24th
10:00AM-12:00PM
Easter Egg Hunt • Easter Bunny • Characters
Bounce House • Games • Face Painting



Spring Craft Fair
and Flea Market
Saturday - March 24, 2018
9:30AM-3:30PM
Booths Available



Golf Biomechanics & Conditioning

- Develop fluid swing mechanics
- Drive the ball further
- Reduce your risk of injury
- Improve your sport performance

BODYPUMP LAUNCH A SUCCESS

Testimonial from one of our patrons.

"I was anxious to start attending Bodypump in June 2017 because I was nervous about group fitness, but I was hooked after my first class. It has been awesome to watch myself grow stronger since then, and the Bodypump 104 release gave me just another reason to love it. Seeing all of the Bodypump trainers so excited makes you want to push yourself a little harder, and having the group in the gym provided a great environment for everyone to learn the new tracks together. Overall, my Bodypump experience has made me proud of what I can do, and I genuinely look forward to my workouts!"

—Leah Cheshier



CONNECT WITH US



LET'S DO LUNCH

El Topo Food Truck

Staying true to their mission to serve meals that are exclusively "Farm to fork, tail to snout. Mythic, modern, romantic," Mike and Tony make all their ingredients themselves, including their home-cured bacon and hand-pressed tortillas. Menu includes vegan and vegetarian options as well!

Texasiana Famous Food LLC

Offering "A little taste of Tennessee, Texas, and Louisiana" cuisines. From Fried Ribs, Steak Sandwiches, Seafood, to Po-Boys. Last but not least, famous seafood balls (top seller). All prepared by a 22 year experience chef on board. Texasiana Famous Food LLC is not just a Food truck but a Gourmet Truck.

TEAM MEMBER SPOTLIGHT

A word from our new Fitness Tech Have Fitness Tech? You will see him around the Strength and Cardio Center

"I'm Daniel James Mangieri, you might recognize that name because both my father and grandfather worked at NASA and share my name. I'm 19 years old and I'm a fitness and human performance major with a pre physical therapy concentration. I love anything to do with fitness or healthy living!"



CHANGES IN THE MAKING

We've swapped Studio 2 & 3

- Studio 2 will focus on mind, body classes - including yoga and martial arts.
- Studio 3 is now a dedicated spin room and will soon feature new spin cycles.

Strength and Cardio Center Equipment Updates

- 6 "Traditional" treadmills, 1 Self Propelled treadmill, 2 Incline Trainers, Jacob's Ladder, Cybex "selectorize" strength training machines, 2 Squat Racks

Group Ex Studio Equipment Updates

- Mats, weights, bands, exercise balls, heavy bag

NEW HOURS COMING

Beginning **April 2, 2018** the Gilruth Center will have new hours of operation in order to better serve our members. Changes are made below in red.

Monday - Friday

5:00 AM - 10:00 PM

Saturday & Sunday

8:00 AM - 8:00 PM