

Fitness at JSC

- Starport Fitness Center, x30304
 - ❖ Individual fitness consultations
 - ❖ Group exercise classes
 - Aerobics, stretching, yoga and many more
 - ❖ Walking & jogging paths
 - ❖ League sports and gymnasium
 - ❖ Recreation & Massage
 - ❖ Personal Training

- Wellness Walks, x36770
 - ❖ Walking is a great way to change focus, get some exercise, and take a break
 - ❖ Onsite:
 - Tue and Thu on site at 11am, meet at B11
 - x36770 for details and cancellations
 - ❖ Ellington Field
 - Every other Wed at 11am, meet at H135 South
 - Call 281-244-9832 for details and cancellations

- Health Related Fitness Program (HRFP)
 - ❖ Fitness has a proven positive impact on your overall health
 - ❖ For schedules and more info call x30301, x30302

- Just Lose It – Weight Management
 - ❖ Fee-based program, money refunded when you meet your weight loss goal
 - ❖ Weight management program tailored to each individual
 - ❖ For details call x36770

Starport Fitness Center Membership	x30304
Fitness Assessments, Exercise Rx	x30301, 02
Nutritional Consults, Classes	x41503
Employee Assistance Program (EAP)	x36130
Behavior Change Programs	x36770
Awareness & Education	x39224

Clinic Front Desk	x34111
Clinical Wellness	x46142

Health Assessments	x39224
Websites/IT	x39224
Employee Rewards Program	x39224

Fitness Center Hours:
 M-F 5:30am – 10pm
 Sat: 9am – 5pm
 Sun: Noon – 5pm, limited services