



Convenient Workday Workouts

Affordable Membership Price

Outstanding Facility, Staff and Services

Convenient Location & Hours



You know staying fit boosts your productivity on the job and your personal well being. If you work on or near downtown Houston, our convenient location and hours can help you hit your workout goals consistently. You can hit a first-class gym - including state-of-the-art equipment and amenities, expert trainers and great classes—before you hit work, during a lunch hour or when you log off for the day.

The Downtown Fitness Center's certified fitness specialists address every client's fitness goals with innovative individual and group exercise. You'll find health/fitness and nutritional support here, personal or group training, weight management programs and massage.

EQUIPMENT

Free Motion Cybex	Recumbent bikes Rower
Free weights	Treadmills
Precor EFX Cross Trainers	Aerobics Studio

GROUP CLASSES

All included in membership and taught by nationally certified aerobic instructors. Stop in or visit our website at www.thedowntownfitnesscenter.com for detailed schedule of classes.

Pilates	Yoga	Body Sculpting
AB Attack	Cycling	Boot Camp
Step	Running Club	

PRICES

Our highly affordable price of \$39/month includes all classes and use of facilities. We also have daily rates. We also have an exciting a la carte menu of personalized consultations and programs. Contact us today to see what works best for you!

PRIVATE CLUB SERVICES

The Downtown Fitness Center's immaculate locker rooms are stocked with towels, hair dryers, shampoo and conditioner, lotions, deodorants, hairspray and mouthwash.

Affordable Membership Price/Outstanding Facility/
Services/Convenient Location & Hours
806 Main Street (Main Building)
Suite 701 (7th floor)

Monday-Friday 5 a.m.-7 p.m.
713-223-3800

www.TheDowntownFitnessCenter.com

Holiday Special!!

Six Months Prepaid Membership

\$185.00

Or \$35.00 Per Month*

(Expires December 31, 2009)

*New Members Only