

# YMCA

of Greater Houston

we build strong kids, strong families,  
strong communities.

## February Is Heart Awareness Month! Take care of your heart at the Lake Houston Family YMCA!

By: Carol Sutton  
Lake Houston Family YMCA



The Lake Houston Family YMCA NEW Wellness Center has over 60 pieces of cardiovascular machines to keep your blood flowing! Each piece is connected to the Fitlinx system which coaches you through your routine. YMCA trained staff will provide you with an orientation on the system to optimize your workout experience, ensure that you are using the equipment correctly and help you meet your individual fitness goals. To make your routine more enjoyable, each piece has an individual viewing screen so you can watch

your favorite TV show, listen to music or watch a movie!!

Our experienced staff of Personal Trainers provides another opportunity for individuals to get in shape!

Sessions for an individual are \$60.00/hr; 5 sessions for \$275.00; 10 sessions for \$500.00. New in 2010 is the addition of small group personal training sessions. For 2 participants the cost is \$225.00 each for 12 sessions and for 3+ participants the cost is \$204.00 each for 12 sessions. For additional information contact Amy Craddock, YMCA Wellness Director at 281-360-2500 or [amyc@ymcahouston.org](mailto:amyc@ymcahouston.org).

The Lake Houston Family YMCA is blessed to have the best group exercise instructors in the entire Lake Houston area. We offer over 125 fitness classes each week and provide a fun invigorating group exercise experience. Upon completion of two additional fitness studios in March, the YMCA will expand the selection of classes. Currently we offer several different aerobic classes, Pilates, Yoga, Body Pump®, Body Combat®, Body Flow®, Spinning, Zumba®, Powerpunch, Kids Yoga, and many more. The YMCA also offers several class option both on



land and in our enclosed, heated, year round pool that are appropriate for the active older adult.

While you are building a healthy body...don't forget to also build a healthy spirit! The YMCA's new chapel is now open for prayer and meditation. Prayer request can be left and we have designated clergy and lay ministers who will take them and add to prayer list in the area.

Stop by the NEW Lake Houston Family YMCA today and see what we can do for you!

or visit our webpage [www.ymcahouston.org/lake-houston/](http://www.ymcahouston.org/lake-houston/) ♦

