



WELCOME TO THE LOWRY FITNESS CENTER



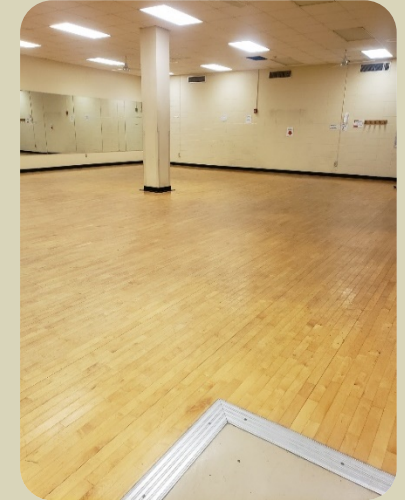
DEPARTMENT OF PARKS, RECREATION & TOURISM

Weight Room/Cardio Room/Aerobic Room/Spin Room

Cardio Room



Aerobics Room



Spin Room



Weight Room



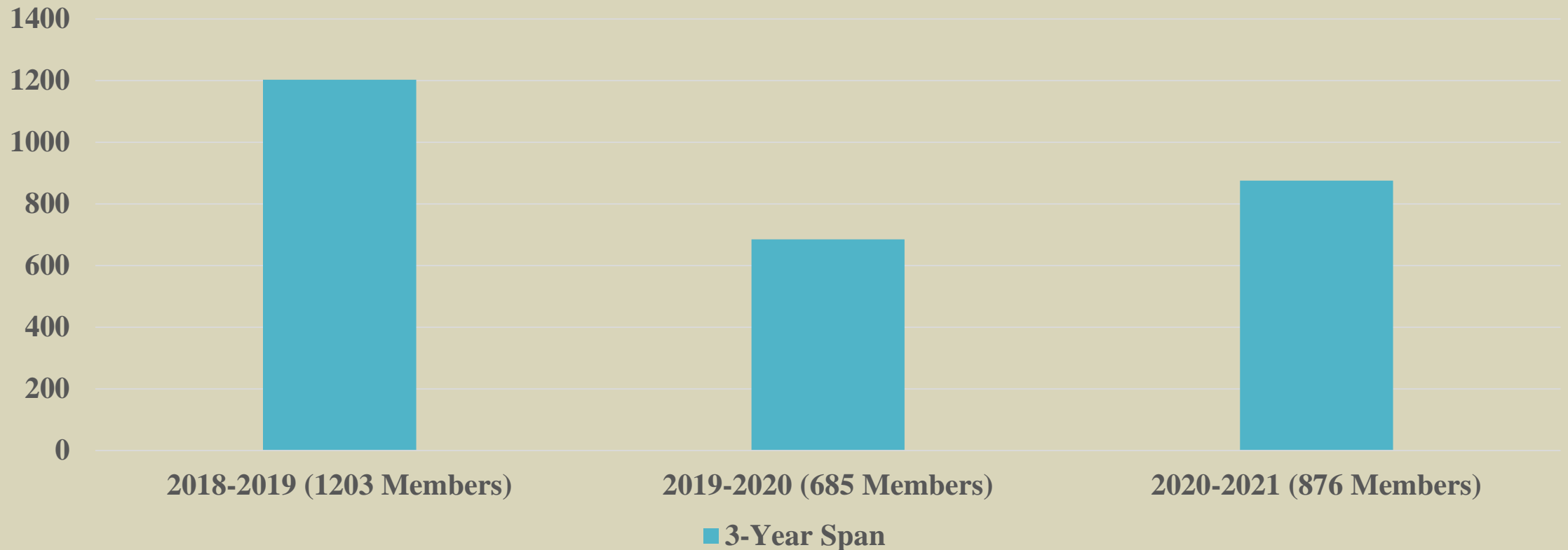
MEMBERSHIP RATES & FEES

Annual Membership	Resident	Non-Resident
Adult (ages 15-54)	\$125.00	\$200.00
Senior (ages 55+)	\$60.00	\$135.00
Youth (ages 6-14)	\$75.00	\$80.00
Annual Family Membership Includes: (2) adult memberships ages 15+ ages (2) youth memberships 14 under ages		Resident ONLY \$315.00
Each additional youth member		\$40.00

Daily Guest Pass	Fees
Guest (rates apply to all ages)	\$10.00
Additional	Fees
Annual Locker Rental (tall)	\$75.00
Annual Locker Rental (short)	\$50.00
Daily Lock Rental	\$ 0.25
Replacement Membership Badge	\$10.00

3 YEAR MEMBERSHIP PROFILE

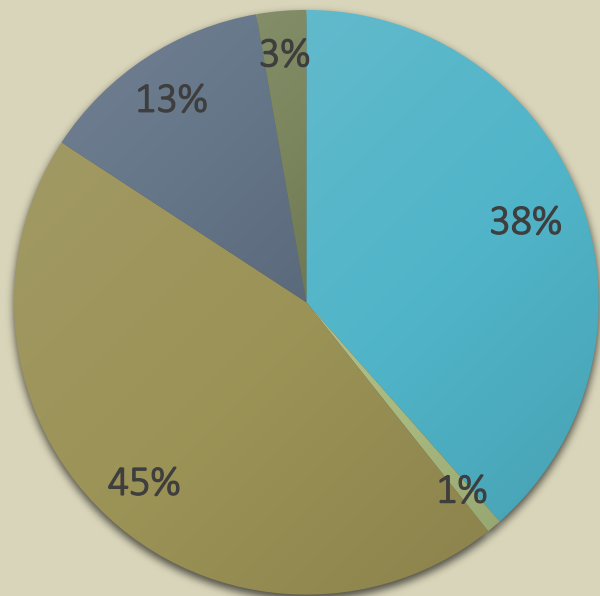
3-Year Span



MEMBERSHIP PROFILE

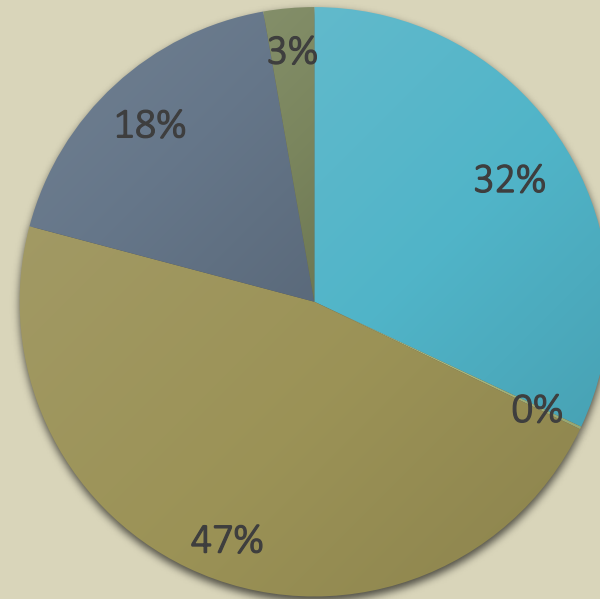
Membership Breakdown

10/1/2018-9/30/2019
(1203 Members)



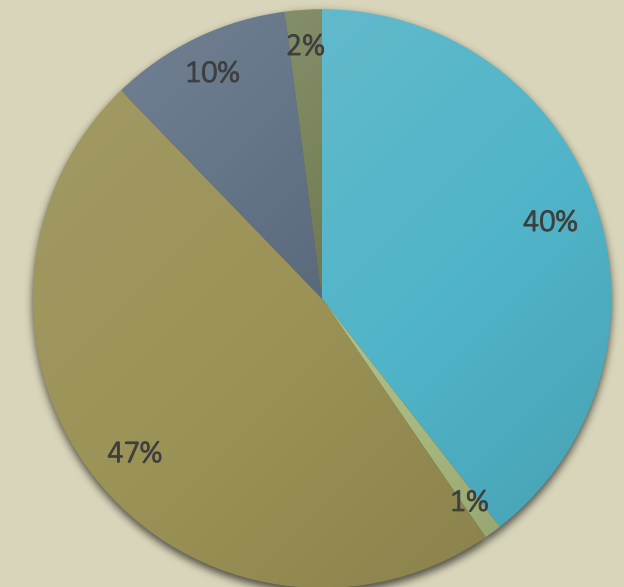
■ Adult-463
■ Family-10
■ Seniors-540
■ Silver Sneakers-157
■ Youth-33

10/1/2019-9/30/2020
(685 Members)



■ Adult-219
■ Family-1
■ Seniors-322
■ Silver Sneakers-124
■ Youth-19

10/1/2020-8/25/2021
(925 Members)

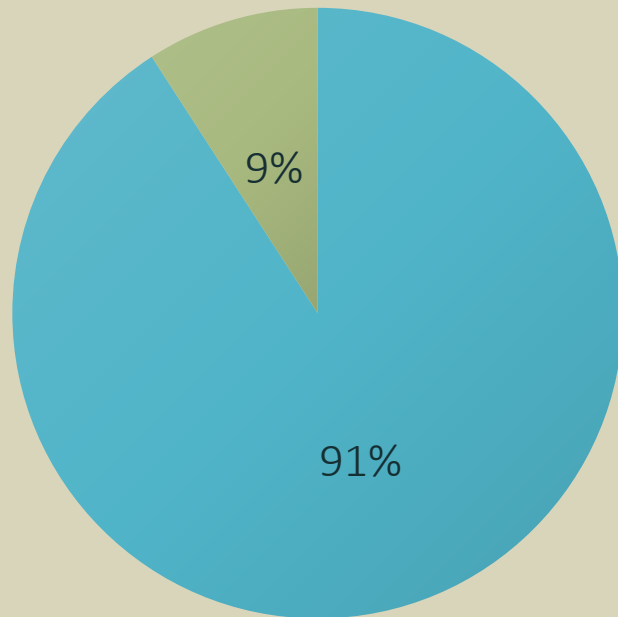


■ Adult-365
■ Family-9
■ Seniors-438
■ Silver Sneakers-94
■ Youth-19

MEMBERSHIP PROFILE

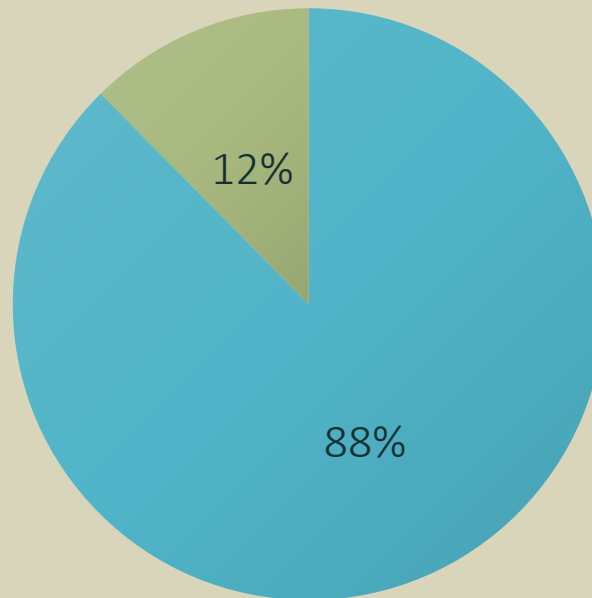
Resident/Non-Resident Breakdown

10/1/2018-9/30/2019
(1203 Members)



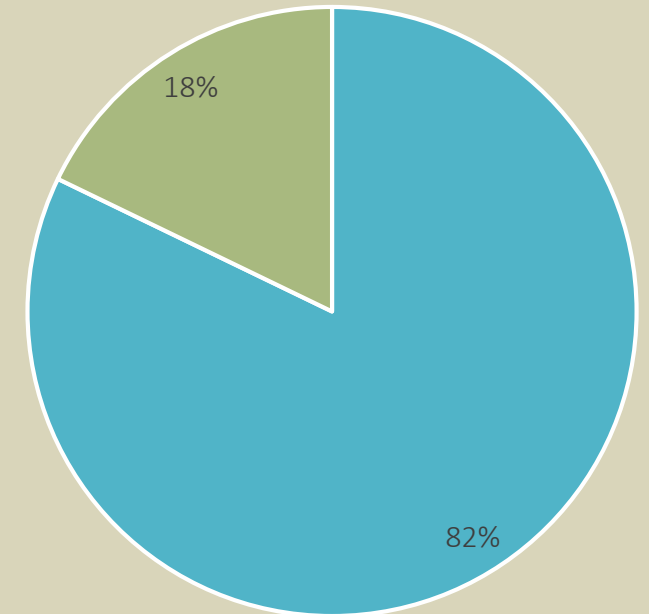
■ Resident-1093 ■ Non-Resident-110

10/1/2019-9/30/2020
(685 Members)



■ Resident-600 ■ Non-Resident-85

10/1/2020-8/25/2021
(830 Members)



■ Resident-682 ■ Non-Resident-148

CLASS AVERAGE ATTENDANCE

<u>Class</u>	<u>Instructor</u>	<u>Classes per week</u>	<u>Average Attendance per class</u>
Yoga/Pilates	Lisa Hodges	2	15-20
Zumba®	Kim Gerhardt	3	25
Silver Sneakers Classic	Amberly Mobley	2	10-15
Silver Sneakers Boom	Maria Ramos	2	15-20
Hi/Lo Impact Cardio	Maria Ramos	1	20-25
Step Aerobics	Maria Ramos	1	25
Aqua Fitness	Gale Devona	3	30-35
Body Fit & Tone	Gale Devona	2	20-25
Chair Fit	Gale Devona	1	15-20
Aqua Pilates	Amanda Fields	2	20-25
Spin & Trim	Elva Vasquez	2	10
Spin & Trim	Lauren Garcia	2	10

SilverSneakers® PROGRAM



source: www.healthways.com/silversneakers.com

- Founded in 1992
- More than 65 Medicare health plans provide a gym membership to their insured
- Today serves more than 12 million eligible members
- The nation's leading exercise program designed for older adults, uses a unique combination of fitness and social activities to empower participants to take control of their well-being.
- Over the last three years, we averaged 122 seniors signed up under the Silver Sneakers Program.

Special Events

National Senior Health & Fitness Day (Partner with Senior Program) The common goal for the day is to help keep our elderly healthy and fit.

Coast Guard 5K Run (Host)

Annual Breast Cancer 5K Run/Walk

The goal of the event is to bring awareness to the fight, survivors, loved ones we have lost, and individuals currently battling breast cancer.

Annual Thanksgiving Luncheon

The goal of this event is to bring our members together by celebrating Thanksgiving.

Walk A Mile In My Shoes (CASA of Galveston County-Host) The event is a great way to show support for abused and neglected children.

2020 Virtual Breast Cancer 5K Run/Walk



THANK YOU

Get Fit – Your new future starts today!



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