



WELCOME TO THE LOWRY FITNESS CENTER

Parks, Rec. & Tourism
DEPARTMENT



CITY OF TEXAS CITY

DEPARTMENT OF RECREATION & TOURISM

MEMBERSHIP RATES & FEES

Annual Membership	Resident	Non-Resident
Adult (ages 18-54)	\$125.00	\$200.00
Senior (ages 55+)	\$60.00	\$135.00
Youth (ages 6-17)	\$75.00	\$80.00

Annual Family Membership Includes: (2) adult memberships ages 18+ ages (2) youth memberships 17 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

Youth Hours

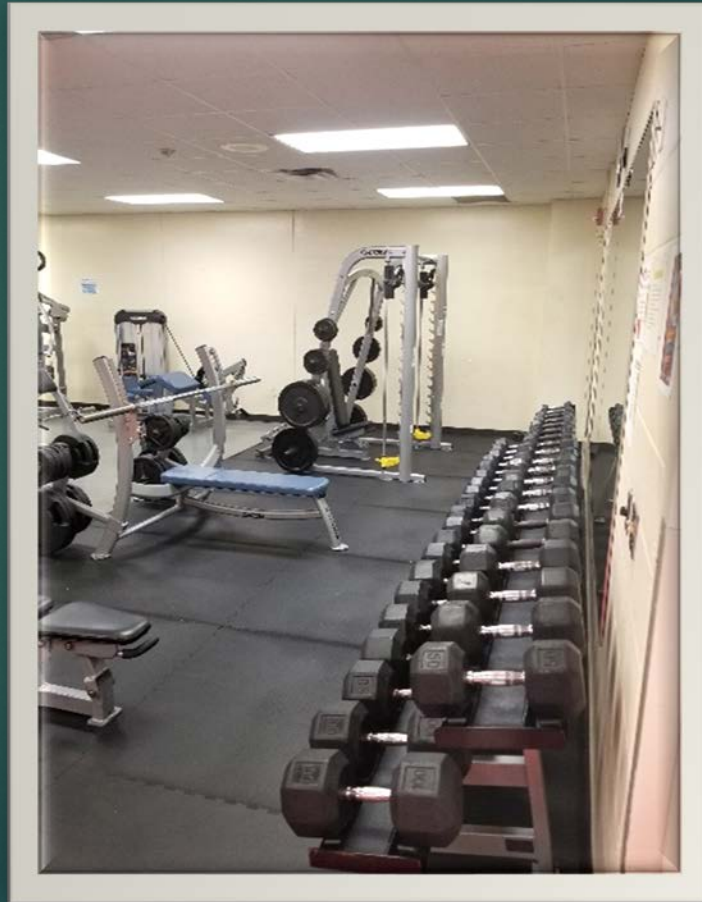
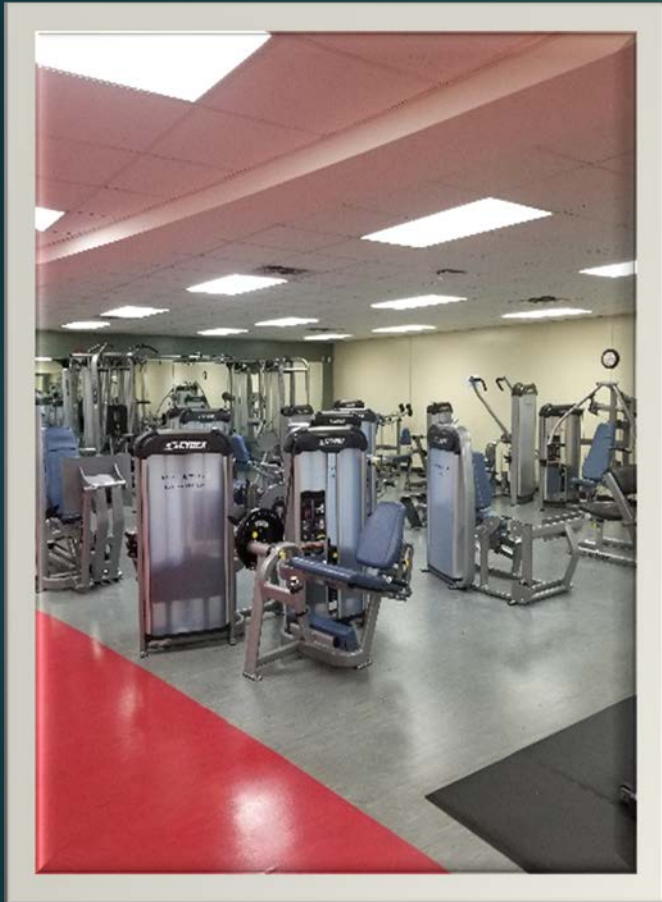
All members under the age of 18 must adhere to the following hours:

TCISD in session, Monday—Friday, 3:00—9:00pm

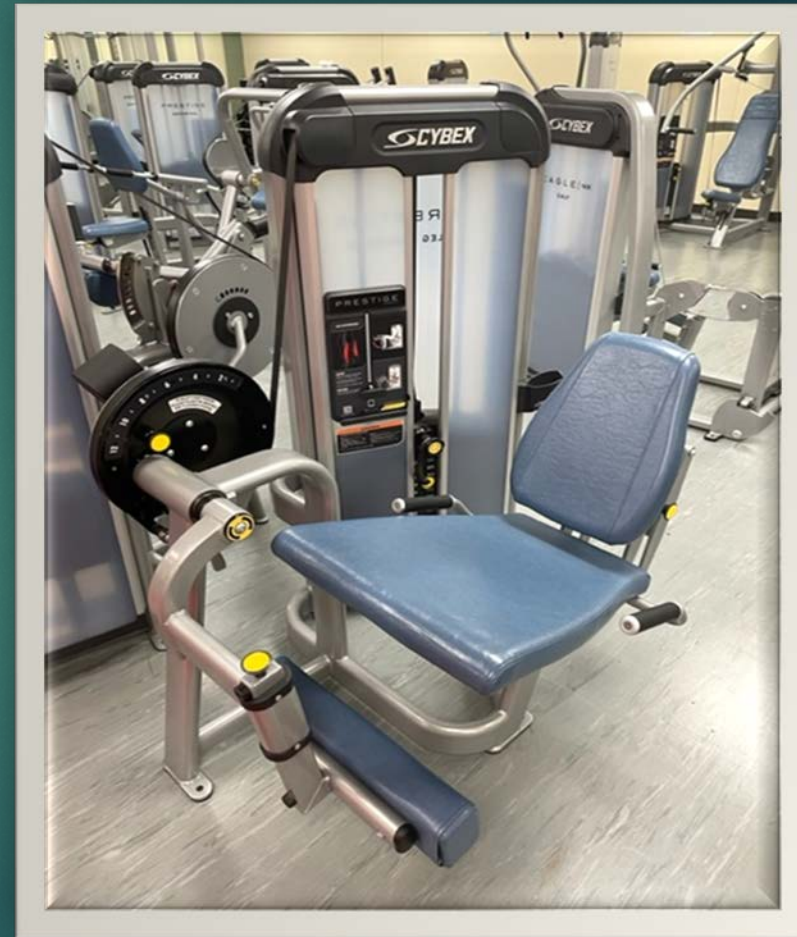
TCISD out of session, Monday—Friday, 1:00—9:00pm

Year Around, Saturday 9:00am—6:00pm

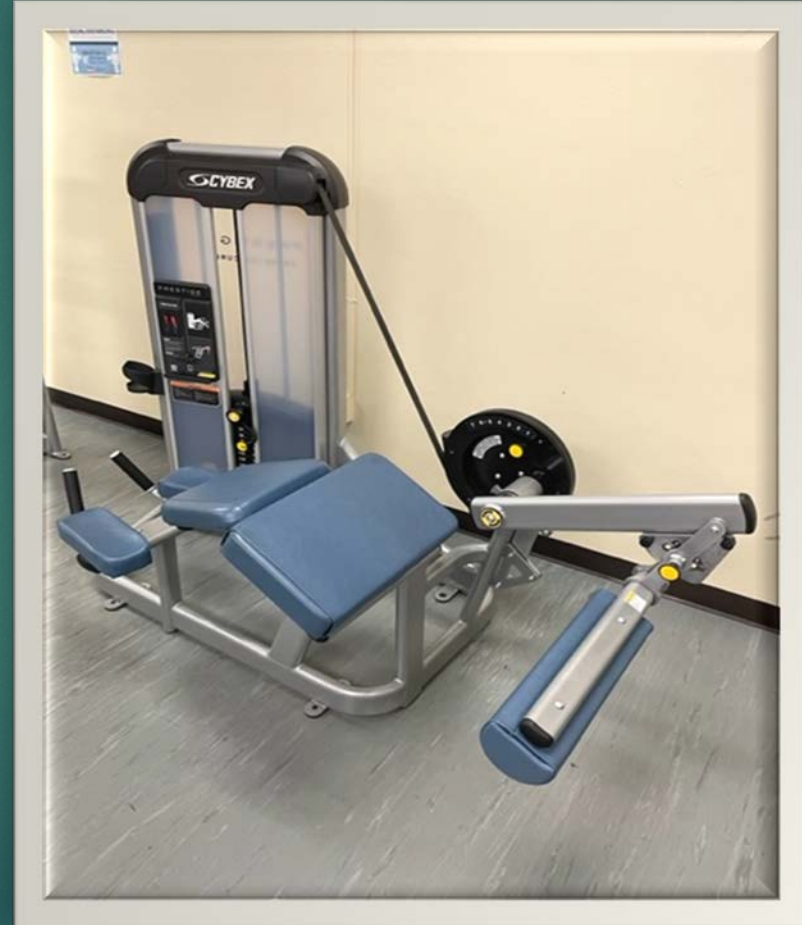
Weight Room



Quadriceps



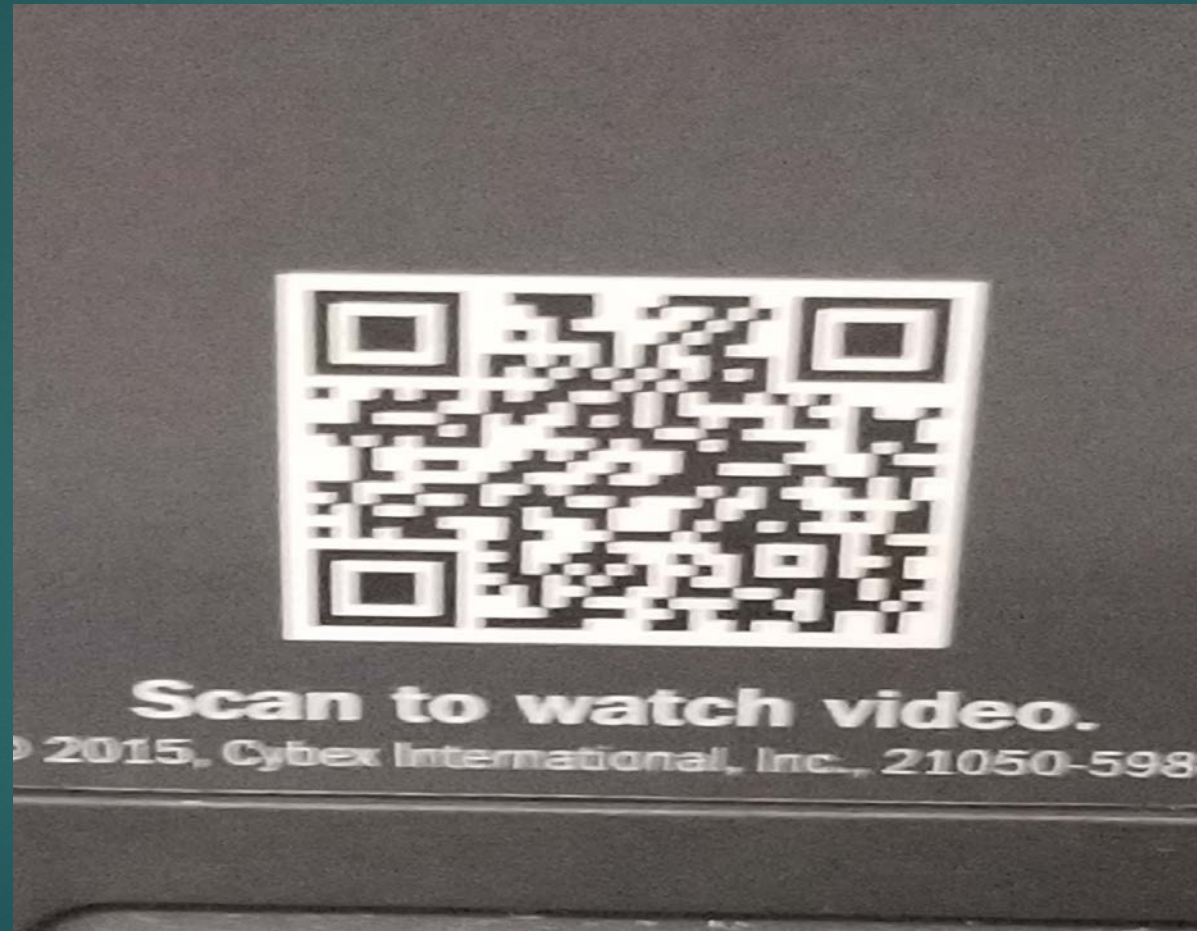
Hamstrings



Chest



QR Code



Cable Crossover Machine

- *Latissimus Dorsi (Lats)
- *Triceps
- *Biceps
- *Shoulders
- *Pectoralis (Pecs/Chest)



Smith Machine

- * Quadriceps (Quads)
- * Pectoralis (Pecs/Chest)
- * Lower Back
- * Latissimus Dorsi (Lats)
- * Shoulders
- * Calves



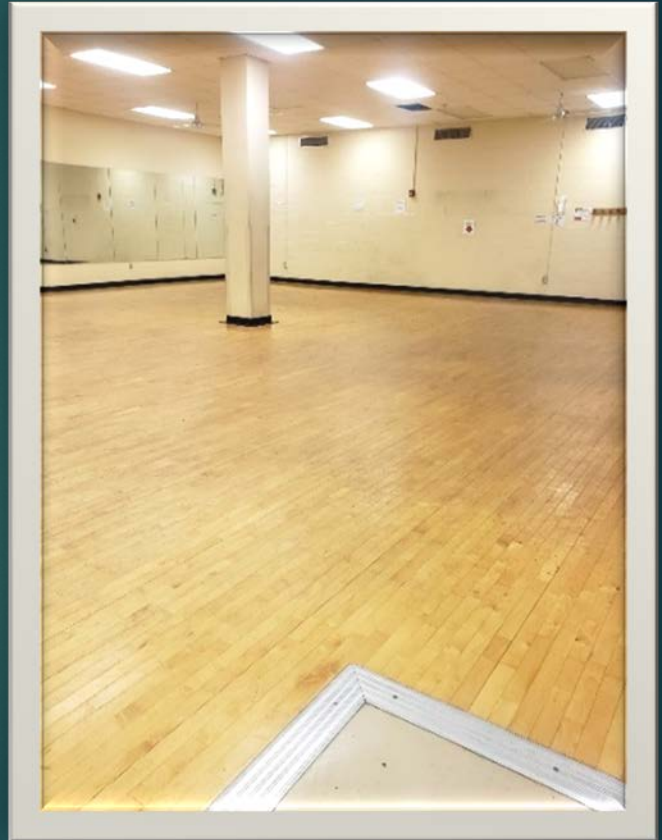
Cardio Machines



Cardio Machines

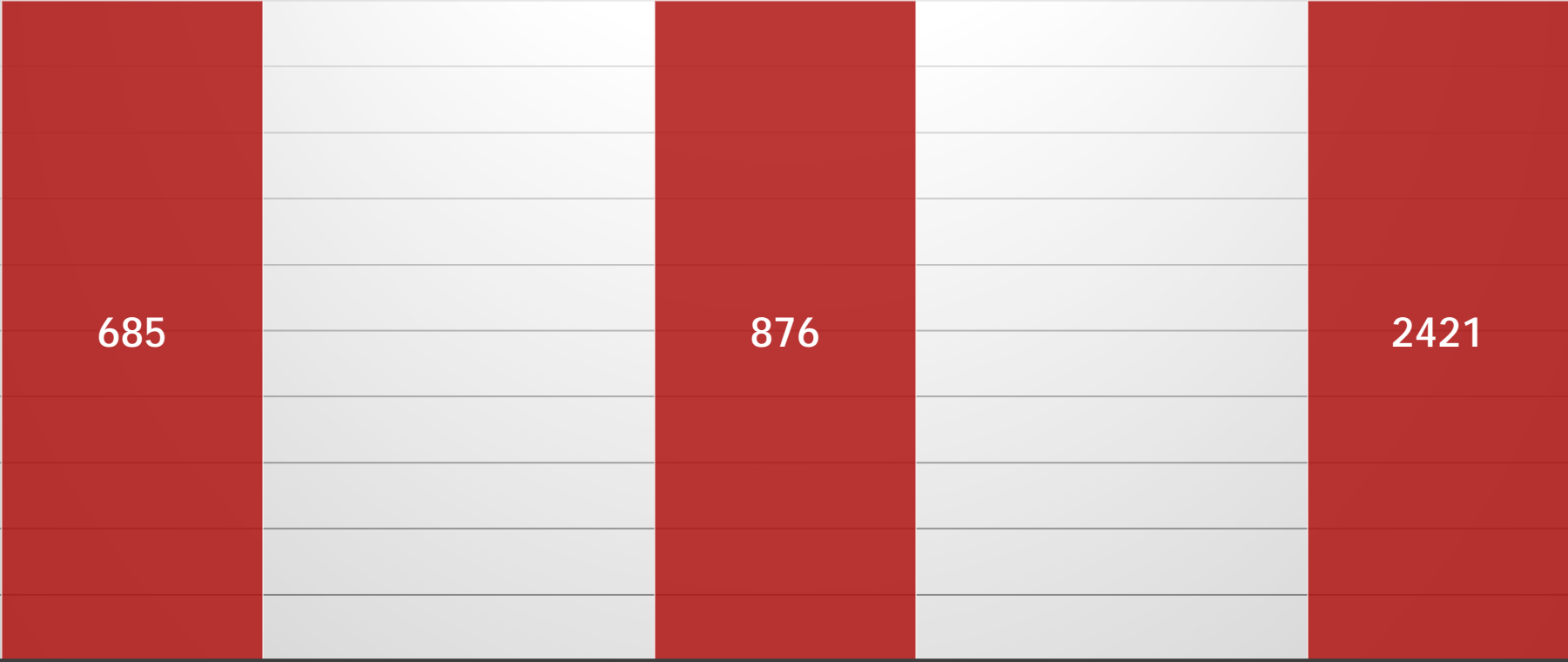


Aerobic Room



3 YEAR ACTIVE MEMBERSHIP PROFILE

3-Year Span



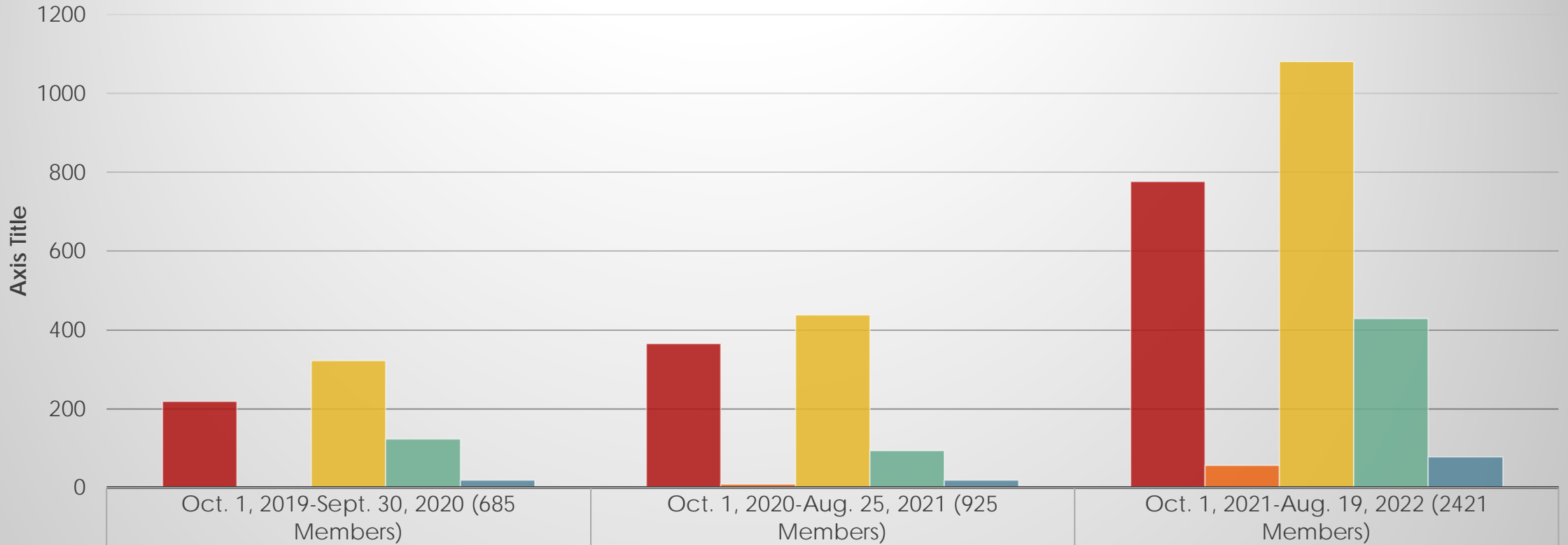
2019-2020 (685 ACTIVE MEMBERS)

2020-2021 (876 ACTIVE MEMBERS)

2021-2022 (2421 ACTIVE MEMBERS)

Membership Breakdown

Active Members

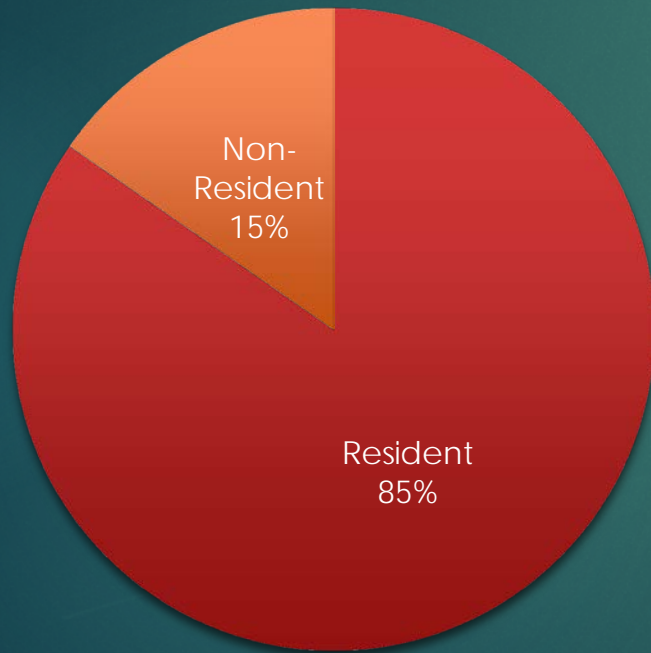


■ Adult	219	365	777
■ Family	1	9	56
■ Seniors	322	438	1081
■ Silver Sneakers	124	94	429
■ Youth	19	19	78

MEMBERSHIP PROFILE

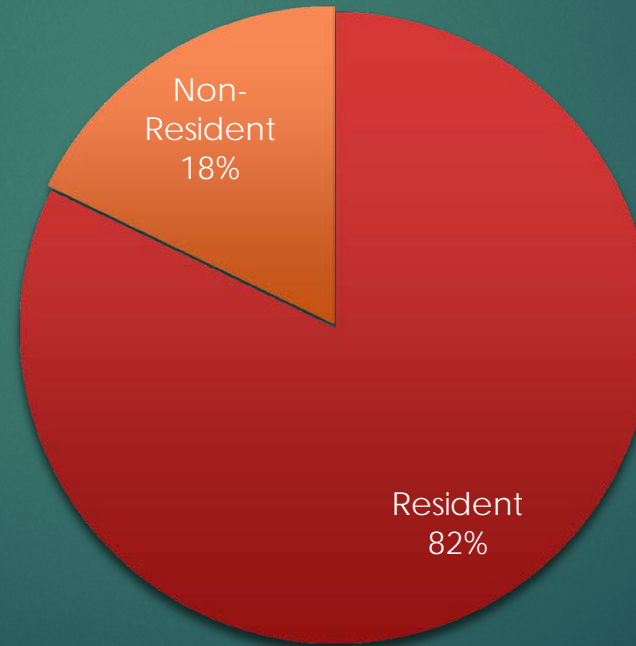
Resident/Non-Resident Breakdown

Oct. 1, 2019-Aug. 27, 2020
(554) Members)



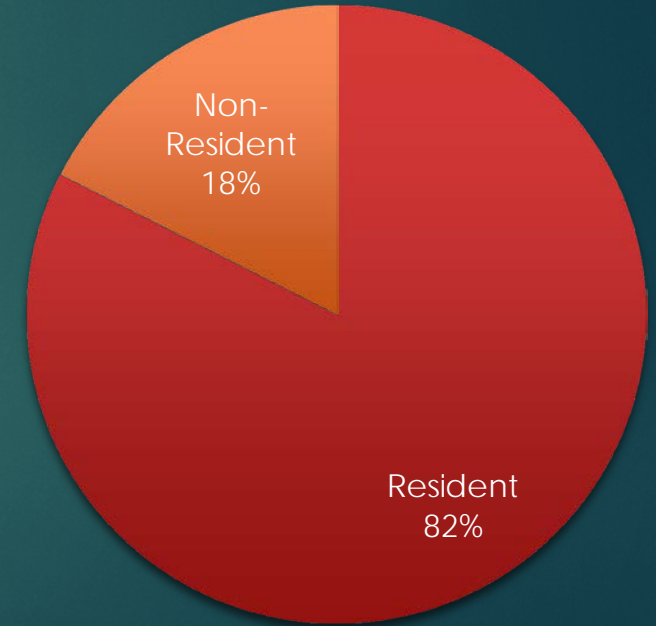
■ Resident-469 ■ Non-Resident-85

Oct. 1, 2020-Aug. 25, 2021
(830 Members)



■ Resident-682 ■ Non-Resident-148

Oct. 1, 2021-Aug. 19, 2022
(1,992 Members)



■ Resident ■ Non-Resident

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 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
Spin & Trim	Elva Vasquez	2	10
Spin & Trim	Lauren Garcia	2	8



"The Body Achieves What The Mind Believes"

QUESTIONS??