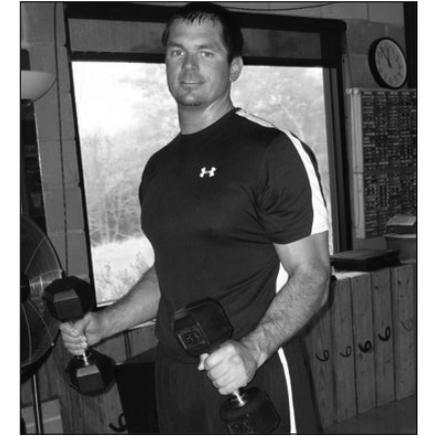


# THE CENTER FOR FITNESS

For over 35 years, Gail and Eddie Sears have made fun, safe, and life-improving fitness programs available to the Kerrville area through The Center for Fitness. “Our members are a testament to the benefits of exercise regardless of age”, states Gail Sears, owner and founder.. Ursula Cox, an 85 year old with generalized arthritis, says that the Stretch and Flex class in the warm therapy pool “keeps her mobile.” Nell McCandless adds that “exercise here at The Center has help my partially frozen shoulder. I can move it freely now without pain”. Rosemary Suess, who is taking a daily estrogen blocker pill for breast cancer “has no leg pain from that treatment” on the days she attends to the Stretch and Flex class. Charlene Gustafson says that her “joints feel better and I feel better too.”



*Clockwise  
from left to right;  
Harvest Jones,  
Justin Shafer,  
Virginia Sams and  
Stretch and Flex*



According to Justin Shafer, “exercise is no longer a habit but a way of life for me. I chose The Center for Fitness because it is a smaller facility, yet has all the essential equipment needed for a great workout. They also have the friendliest staff, with a family oriented atmosphere. Those are important qualities to me that you can’t and won’t find at a larger fitness facility.”



Virginia Sams enjoys the Pilates equipment and shares that “it helps my back and strengthen my legs so that I can get up out of my chair easier. I am more flexible, which helps me in my gardening. My grown sons came in to town for a visit recently and told me that I looked more energetic and healthy all over.”



Harvest Jones says that “as a busy working mom, I love the fact that The Center for Fitness is centrally located and that I can pop in during my lunch hour to get a good workout in! To stay fit and motivated, you must have a variety and that is exactly what you will find at The Center for Fitness. They not only have the standard gym equipment, but also have a great selection of floor equipment not found in other gyms as well as numerous fitness classes. I also like their “no contract” feature – I don’t feel like I am a prisoner of the gym. Their staff is always pleasant. They know who you are and always acknowledge you when you are there.”

The Center for Fitness features up-to-date equipment, knowledgeable instructors, and an environment of personalized service. We offer a full line of aerobic and strengthening equipment, an indoor 30’ by 60’ lap pool, a 12’ x 12’ warm therapy pool, and a variety of group fitness classes taught by certified instructors. Formats range from low impact and step aerobics, to Pilates, Yoga, stretch, cycle, Pace circuit, group strength, and water exercise. We also have licensed massage therapists and an acupuncturist on site. Come see us and take the first step towards improving your health! The Center for Fitness offers a variety of specialty programs for our members as well those in the community. Our next event is a yoga workshop presented by Robert Boustany, an international yoga celebrity, on Saturday, April 17th. Call us at 830-257-7070 to register.

**1407 Water St. • 257-7070 - [www.thecenterforfitness.com](http://www.thecenterforfitness.com)**