

Specialty Services

This is a great time to focus on wellness and The Center for Fitness has a unique group of health professionals that offer specialty services for your total well-being:

Massage therapy with Maria Daniela Mohr, Texas Licensed Massage Therapist (210-296-6069). She is a Member of Associated Bodywork and Massage Professionals (ABMP) and nationally recognized by the Federation of State Massage Therapy Board. Daniela, also known as the “muscle whisperer”, specializes in therapeutic bodywork for adults and pediatric patients.

Massage therapy with Adrienne Larson (214-394-7777). A Yoga Instructor since 1993, Adrienne is also a certified yoga therapist and teaches private yoga and yoga for special populations, such as prenatal, seniors, and Yoga of Recovery from addictions. A licensed massage therapist since 1986, she also has certifications in Reiki and Polarity Therapy, as well as advanced training in Lymphatic Drainage Therapy and Cranial Sacral Therapy.

Nutrition counseling with Linda Irion, Registered Dietitian and Medicare provider (830-370-2186). Linda specializes in nutritional counseling for Diabetes and Kidney diseases. In addition, she is in the process of including Weight Loss Counseling in her Medicare coverage.

Reiki with Reiki Master, Anne Schneider (830-739-5828). Reiki is a worldwide practice that promotes relaxation and healing. This technique catalyzes the body’s natural ability to heal itself - addressing pain and disease - both physically and emotionally. Experience for yourself this integrative and supportive therapy to help balance body/mind/spirit.

Swim lessons year-round with Alan Cone (214-244-7382). Alan is a dedicated and active volunteer for Red Cross as an Instructor in Disaster Services and Safety Services. As a Red Cross Certified Life Guard and Swimming Instructor, he teaches Water Safety and Swimming to all ages and skills. Session rates are \$3 for ages 4-12, \$6 for ages 13-17, and \$12 for ages 18+.

Low-Level Laser Therapy with Marcie Denton, MA, Med (210-771-6498). Low-level laser Therapy promotes natural healing processes by focusing specific wavelengths of light on specific areas of the body. Whether your ailment is arthritis, diabetes, an aching back, or allergies, she likely has a solution for you!

Call the phone numbers listed above or come by 1407 Water Street and make an appointment with one of these experienced health service professionals!

Amenities: 2 Indoor Heated Pools · Cardiovascular and Resistance Equipment · Massage Therapy · Nutrition Counseling · Reiki · Swim Lessons · Low Level Laser Therapy · Physical Therapy · Personal Training · Private Sessions on the Pilates Cadillac and Reformer · Cooper Complete Supplements · Health and Nutrition Lectures · Group Exercise Classes: Yoga, Senior YogaFit®, Pilates, Low Impact, Step, Stretch, Group Strength, Tai Chi, Tai Chi Light, Tai Chi for Balance, Zumba Fitness®, Zumba Gold®, Silver&Fit®, Aqua Aerobics, Aqua Stretch and Flex, and Aqua Zumba®

Membership Options: No-Contract Senior, Individual, Couple, and Corporate Memberships · Simple and Consistent Fees (no “teaser rates”) · \$59 30-day Winter Texan Rates · Individual Classes available through Club Ed at www.clubed.net. · Hometown Hero Card Discounts · Prime Network Member · Silver&Fit Facility

Participating Merchant



Above L to R: Daniela Mohr, Marcie Denton, Anne Schneider, Adrienne Larson, Alan Cone.
Picture to Right is: Linda Irion



The Center for Fitness
1407 Water St. • 257-7070 • www.thecenterforfitness.com

