

PERSONAL TRAINING

At Houston's First Fitness & Recreation Center we are committed to providing quality one-on-one training. Our certified trainers vary in expertise and have a desire to engage you physically and spiritually! Whether you need a basic workout or are an athlete training for competition our trainers can help you reach new levels of health and wellness. Services trainers can provide:

- \\ Assessments to analyze posture, determine repetitive movement dysfunction, muscular compensations, body composition and overall fitness level.
- \\ Set and help you reach realistic fitness goals
- \\ Program design
- \\ Nutritional planning
- \\ Provide support and encouragement
- \\ Challenge you!



FITNESS & RECREATION
AT HOUSTON'S FIRST BAPTIST CHURCH



GOT A FRIEND OR TWO? WE HAVE AN OPTION FOR YOU!

Small Group training is an affordable option for those who desire personal training but need a price break. Groups of 2-4 participants will organize the day and time availability and split the cost! Statistics have proven that people who exercise in a group maintain momentum and have fun working out together! Making a commitment to exercise is an investment in your wellness future. God's Word says in Hebrews 12:1, "Let us lay aside every weight and hindrance which clings so closely and let us run with endurance the race that is set before us."

Trainers at Houston's First have your best interests at heart. You can trust us to provide quality training at a competitive price.

For more info call Debbie at 713.957.6701 or visit us online at Houston'sFirst.org/FitnessRecreationCenter



FITNESS
AT HOUSTON'S

WE WANT TO HELP YOU TAKE CARE OF YOUR BODY AND HELP YOU DISCOVER NEW WAYS TO MAKE EXERCISE FUN AND REWARDING. SOME OF THE BENEFITS FROM REGULAR EXERCISE INCLUDE:

- \\ Prevention of disease & strengthened immune system
- \\ Reduced stress
- \\ Increased muscle and bone density
- \\ Maintained freedom of movement
- \\ Burning calories & reducing fat
- \\ Promotion of proper body function
- \\ Reduced joint and muscular pain
- \\ Preparation for competition
- \\ Increased energy
- \\ Better sleep