MEMORIAL

City Club

a **healthy balance** for busy lives

LUXURY FITNESS CLUB

EXCLUSIVELY FOR MEMORIAL CITY OFFICE & MEDICAL TENANTS

960 MEMORIAL CITY WAY, SUITE 110
713.800.8550 | WWW.MEMORIALCITY.CLUB

JOIN TODAY

$49.95 MON
(PLUS TAX)

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NEXT-LEVEL FITNESS PROGRAMMING

Memorial City Club offers personal training, small group training, fitness testing and prescription, and body composition testing – and even yoga, spinning and kick boxing group classes. Whatever your level of comfort or involvement, we've got it.

We also offer virtual Wellbeats group fitness classes in our studio, with a robust selection of classes that target weight loss, definition and muscular endurance. The nature of the class structure is designed so that participants at any fitness level may begin where most comfortable and progress smartly.

Before or after your workout, we have everything you need for a complete luxury fitness experience – including towel service, free wifi, fully stocked locker rooms and day-use lockers. This facility is provided ONLY for Memorial City office tenants, therefore you can expect a high level of customer service and convenience.

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MCCLUB@RISHERCO.COM

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HOURS OF OPERATION

- Monday – Thursday: 5:30am to 8:00pm
- Friday: 5:30am to 6:00pm
- Saturday: 8:00am to 12:00pm
- Sunday: Closed