VillaSport
ATHLETIC CLUB AND SPA

4141 Technology Forest Blvd., The Woodlands, TX 77381 | 832-585-0822
www.villasport.com TX Health Spa Reg. #20090055

VillaSport
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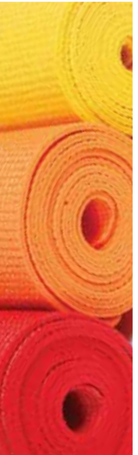
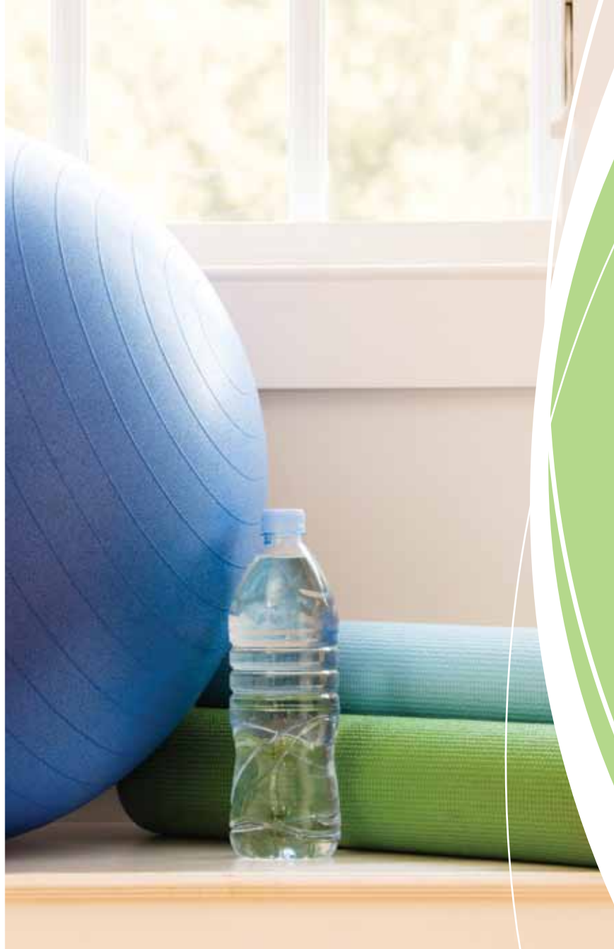
A club like no other . . .

A club for the entire family

VillaSport is much more than just a fitness club. Of course, we have the latest state-of-the-art equipment and classes in a remarkable resort-like campus; we have a complete kids club, spa and every other service you'll need to maintain a healthy lifestyle. But VillaSport is also a great place to be with your family and friends to socialize, laugh and learn.

It's the kind of place where you'll find others with whom you have so much in common and where you'll find programs, services and amenities unlike those you've seen elsewhere. Spend some time exploring this brochure and discover the features, services and amenities that make VillaSport unique. Better yet, stop by for a tour. Once you see our stunning club, meet our helpful staff and review our extraordinary programs and impressive list of equipment, you'll understand the VillaSport difference.





The perfect place to quicken your pulse

It's easy to find a reason to want to improve your fitness, but it's much more difficult to find the motivation to stay with a fitness program. With over 140 classes included in your membership each week, you'll meet people who share your desire to improve their overall health. Together, you'll create a support system and together, you can reach your fitness goals. It is one of the most enjoyable ways to get the results you want in an atmosphere that can't help but bring people together.

Choose from a solid and diverse repertoire of classes, including aqua and family fitness, to meet your interests and schedule needs. Our large facility, with multiple fitness studios, dedicated cycle and mind/body studios, great music and passionate instructors inspire a fun, exhilarating, and effective workout.

Strengthen your body

With an entire floor and more than 140 pieces of state-of-the-art cardio equipment, you'll never have to wait for your workout. We offer Precor ellipticals, Technogym and Star Trac treadmills, CYBEX Arc Trainers and stationary bikes, many featuring built-in televisions. While training, members can watch television on their own personal screens, monitor the action in VillaKids or enjoy a view of the outdoors.

Our weight floor features two full lines of selector weight machines from Technogym and Life Fitness, FreeMotion™ cable and Hammer Strength plate-loading machines, and a full complement of free weights, Kettlebells and stability and medicine balls.

Small-group and personal training are available from our staff of certified, professional trainers.

Improve your game

Our wide variety of Sports and Sports-related activities afford our members opportunities for fun, fitness, skill-building and leisure. Programs include recreational tournaments, adult and youth leagues, scheduled drop-in play, open-court time, indoor triathlons, and youth clinics and camps.

Our basketball/volleyball court features the same surface used in NBA regulation play. Constructed of northern hard maple with special cushioning, the floor allows our members to experience the same court enjoyed by many NBA teams, including the Houston Rockets, Phoenix Suns, and Los Angeles Lakers.

And revive your soul

VillaSpa, the full-service spa at the heart of VillaSport, invites you to experience our tranquil and soothing environment with a variety of treatments designed to refresh, invigorate and restore the body, soul and sense of well-being.

Spend an hour, an afternoon, or indulge for an entire day with us. We offer facials, manicures and pedicures, massages, and body treatments, as well as a retail shop, complete with selected vegan and holistic skin care products. VillaSpa also offers Vichy and Swiss showers and a massage suite for two. We are committed to providing members and non-members with an exceptional experience that will leave them feeling Relaxed, Refreshed and Renewed.

Lose yourself in the Luxury of VillaSpa.

Where kids are welcome and encouraged

VillaKids is an entire club within VillaSport that is separate and exclusive to members with children ages 6 weeks to 12 years. While you work out or unwind at VillaSport, you can be confident that your child is having a great time in VillaKids. We provide daily rotations of theme-based activities where your child is always occupied and engaged.

Don’t think day-care. VillaKids is worlds away from that. Separate studios and a dedicated sports court are available for exercise, art, basketball, educational activities, dance and parties. Seasonal camps, Parent’s Night Out and amazing birthday parties are just some of the other options we offer at VillaKids. VillaKids is every bit as athletic as the rest of our club; we just packed it full of the fun, healthy and educational things kids love to do.

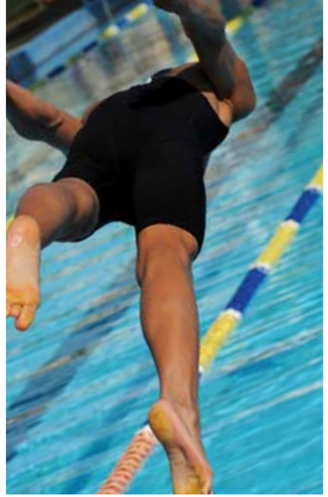
Drop your children off at VillaKids and pick them up happy, sweaty and tired.

And the Kid in you can cool down, warm up

Indoors or out, for fun or fitness, the aquatics facilities at VillaSport are unsurpassed. We offer year-round indoor and seasonal outdoor pools and a wide range of year-round swim lessons and aquatics programs for everyone in the family.

Our outdoor pools are a summertime destination with a 25-yard family lap pool, zero-entry play pool with water play structures, recreational family pool and, of course, our twin waterslides: 26 feet of pure fun and excitement. For adults, we feature a secluded 25-yard lap pool and lounge area near the family recreation pool. The perfect pool to master the perfect stroke or just escape.

The indoor pools at VillaSport include many of the same features found in our outdoor pools, so year-round swimming is a breeze. Inside, you'll find a 25-yard lap pool, zero-entry recreation pool, whirlpool and waterslides. The fun doesn't end when summer's over.



Or simply relax

After your workout, relax in one of our many indoor and outdoor lounge areas. Or take advantage of our luxurious locker room amenities, including a large lounge area with televisions, and a whirlpool, sauna and steam room.

Social events abound at VillaSport with a wide variety of functions scheduled throughout the year. Summer barbeques, fitness expos, wine tasting and social music events are just a few of the many member events on tap.

Frequently Asked Questions

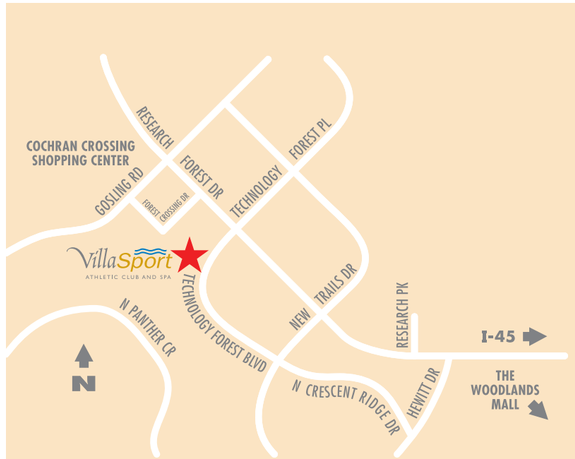
Q: Do I have to sign a long-term contract?
A: No. VillaSport offers month-to-month contracts.

Q: Do you offer a money back guarantee?
A: Yes. VillaSport members can take advantage of our 14-day money back guarantee. We will refund your entire enrollment fee and any prepaid dues for any reason.

Q: Do I have to pay an administrative fee when I join?
A: No. VillaSport does not charge any hidden administrative fees.

Q: Is the cost of VillaKids included in my membership?
A: Yes. Children who are included in your family membership have use of our VillaKids facility.

Q: How many group fitness classes do you offer each week?
A: We have approximately 140 group fitness classes each week that are included as part of your membership.



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