

Aldine ISD

Fitness program membership highlights

	Fitness Connection	24 Hour Fitness	Pure Fitness	YMCA
Facilities in Houston area	8	32	1	33
Service area	Houston	National (excluding Super Sports)	Houston	Citywide
Child care	Included	Not included	Included	Childwatch
Classes	Aerobics, group ride, water aerobics and group power	Pilates, yoga, cycling, step aerobics and turbo kick boxing	Aerobics program: step, aquatics, toning, Pilates, kick boxing and spinning	Included
Benefits	Complete health and wellness centers include weights, cardio machines, Jr. Olympic pool, whirlpools, NBA regulation basketball court, volleyball and dry sauna	<ul style="list-style-type: none"> Complete health and wellness centers include weights, cardio machines. Some locations include basketball court, circuit training, functional training room, group cycling, GroupX, juicebar, kids' club, pool, pro shop, racquetball court, sauna, steamroom, whirlpool. 	Complete health and wellness centers include weights, cardio, machines, pool, jacuzzi and dry sauna	<ul style="list-style-type: none"> Complete health and wellness centers include weights, cardio, machines, pools and basketball Some facilities include spas and racquetball courts Family oriented
Special benefits	Women's-only workout area	Free consultation with a personal trainer upon enrollment	Women's-only facility	Free health assessment
Special notes	<ul style="list-style-type: none"> Member IPFA Guest services available worldwide Children may be added at the club if they meet criteria 	None	None	First-time enrollees must complete an application and waiver form at the Benefits Department. Once the Benefits Department sends your application to the YMCA, you can visit any club to obtain your membership card.
Typical hours of operation	M-F: 24 hours SAT: 8 a.m. to 8 p.m. SUN: 8 a.m. to 8 p.m.	Open 24 hours	M-F: 5 a.m. to 10 p.m. SAT: 8 a.m. to 6 p.m. SUN: 10 a.m. to 6 p.m.	M-F: 5:30 a.m. to 9:30 p.m. SAT: 1 p.m. to 6 p.m. SUN: 1 p.m. to 6 p.m.
Contact information	Call 281-875-1900 or visit the website .	Call 800-224-0240 or send an email .	Call 281-376-8800 or visit the website .	Call 832-484-9622 or visit the website .

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