

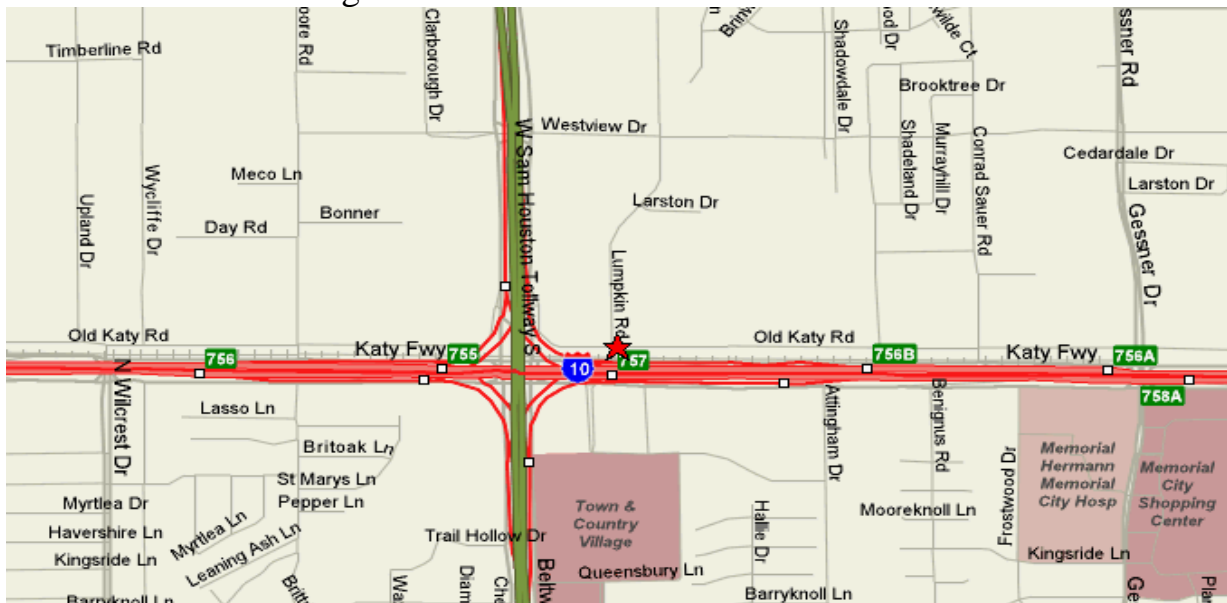
The gym address is 10516-G Katy Freeway, Houston 77043. It is in the northeast corner shopping center at the intersection of Beltway 8 (Sam Houston Tollway) and I-10W (Katy Freeway). Landmarks to our shopping center are Home Depot, Hobby Lobby, Tuesday Morning, Petsmart, The Great Indoors, and Sams Club.

If you are traveling south on Beltway 8 (Sam Houston Tollway) take the Westview exit. Turn left at the light onto Westview. Continue through to the stoplight at Lumpkin. Turn right onto Lumpkin. You should see the gym to your left.

If you are traveling north on Beltway 8 exit I-10 Downtown. As you travel down the over pass stay in the right lane and take the Gessner exit. Follow the Frontage Rd and make the U-turn at the light at Gessner. This frontage road will be heading west. Turn Right on Lumpkin (Lumpkin is past Petsmart.) The gym is on your right, in the back of the building that faces I-10.

If you are traveling east on I-10 Take the Gessner exit. Stay in the left lane and make the u-turn at the light at Gessner. This frontage road will be heading west. Turn Right on Lumpkin. (Lumpkin is past Petsmart.) The gym is on your right, in the back of the building that faces I-10.

If you are traveling west on I-10 exit on the Frontage Road exit (this will be the exit after the Gessner Rd exit). Travel west on the Frontage Rd, turn Right on Lumpkin. (Lumpkin is past Petsmart.) The gym is on your right, in the back of the building that faces I-10.



If you have any problems or question please call the gym at 713-464-1996!