

## Goetz Physical Culture Center



### The Facility

Goetz Physical Culture Center encompasses 9,000 square feet of space in Glen Rose, TX. Amenities include: 24hr access to adult members, individual men & women's locker rooms/showers, Wi-Fi, cardio machines & cardio classes within an enclosed group fitness room. Commercial equipment manufactured by Cybex, Icarian, Precor, Hammer Strength, Pro Maxima and Maxicam. Multiple free-weights selectorized mechanical resistance training systems and dumbbells ranging from 5 lbs. to 150 lbs. Yoga & Personal Training also available.

No contracts!

### The Owners

Goetz Physical Culture Center was established by Radonna and Mark Goetz as a means of providing persons interested in obtaining, maintaining and promoting physical health with a training facility and gym in Glen Rose, TX that is adequately equipped to accommodate any skill level ranging from general conditioning to competitive performance.

### Our Philosophy

It is our desire to create a training environment that has a living forum relating to continued health, a family setting among all the



Goetz Physical Culture Center ProShop  
Your one stop shop on vitamins, supplements, proteins, workout accessories & much more.

Get your club t-shirts, tanks & ball caps  
- varied sizes & colors available.

members, a zero intimidation atmosphere for persons experiencing a gym for the first time. A place where a beginner or professional athlete can effectively train.

### Our Membership Rates

Goetz Physical Culture Center's monthly rates are structured to accommodate individuals, families, seniors, and students. During staffed hours, our \$5 guest rate provides an opportunity for people who do not live in our area but are here on business, visiting, etc. to continue their training without interruption at an affordable price.

*Discover Fitness & Have Fun!*

*Change your routine. Change your life. Challenge yourself to stay healthy and energetic regardless of age or athletic ability.*

*Call or come by today!*

*Staffed Hours:  
Monday – Friday: 8am – 9pm  
Saturday: 8am – 4pm  
Sunday: Noon – 4pm*