



MEMORIAL

CITYZEN

JANUARY 2018

**New Year,
New You!**

Dress for Fitness Success:
Your Guide to the Best
Workout Wear

Your Culinary Destination
Gateway Memorial City

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much more than a mall

MemorialCity.com



PRINT EDITION

New Year, New You!

Sticking to those resolutions with a little help from Memorial City!

Burn Off that Holiday Decadence

Between the savory turkey, the candied ham, and all the dinner rolls, you probably indulged a little over the past couple months. Make your fitness track just as satisfying with any of Memorial City's fitness studios!

Burn Boot Camp
947 GESSNER RD - GATEWAY MEMORIAL CITY

Feel the Burn!

This year, empower yourself and your body with **45-minute classes** at Burn Boot Camp, the community-focused gym designed to build you up. Burn Boot Camp walks you through every step from the workouts themselves to focus groups that help you zero in on your goals. Start with one of their annual, unlimited workout plans and make **Burn Boot Camp Memorial City** your fitness home!

DEAL ALERT

Burn Boot Camp offers free childcare for members.

Dominic's Pilates Studio
821 FROSTWOOD DR - THE SHOPS AT MEMORIAL CITY

Get Trim, Toned, and Balanced

If you're looking to stay fit and trim, **Dominic's Ultimate Pilates Studio** is where you'll find your tight tummy and lean muscles in 2018. Pilates is different than any other form of workout, emphasizing a healthy balance of high and low intensity exercises to strengthen your core, tone your muscles, and improve circulation and coordination all while losing weight.

DEAL ALERT

Dominic's Pilates Studio has a free three-day trial.

Revolution Studio
821 FROSTWOOD DR - THE SHOPS AT MEMORIAL CITY

Break the Daily Cycle

Looking to try something different? Revolution Studio may be what you need to really feel that gym-spiration! Get fit fast and have fun doing it with high-energy cycling or a cool, calming yoga class! Give it a test run with a two-week unlimited pass!

DEAL ALERT

Give it a test run with a two-week unlimited pass for just \$35!

Fit Factor
821 FROSTWOOD DR - THE SHOPS AT MEMORIAL CITY

Find Your Motivation

Picking a gym can be daunting, and Fit Factor understands, which is why they offer a full week of training to new members! Start your free trial at **Fit Factor**, where you can choose from a variety of training programs, including strength and conditioning, group training, bodybuilding, boot camps, and core and balance training. You've got nothing to lose!

DEAL ALERT

Every Tuesday in January at 6pm, come to **Square Fit: Boot Camp at The Square** for a free fitness class led by Fit Factor.

The Stretch Factor
841 FROSTWOOD DR - THE SHOPS AT MEMORIAL CITY

Soothe Your Body

Stretching before, during, and after your workout is very important if you're hitting the gym several times per week! Get the body balance your muscles need at **The Stretch Factor** with licensed kinesiologists, personal trainers, massage therapists, and bioengineers who will provide the best possible stretch therapy for muscles and joints.

DEAL ALERT

Get a complimentary session when you call (281) 501-2272 or email MemorialCity@TheStretchFactor.com.

Get in the Groove with GapFit

Whether you're jogging around Memorial City or powering through a workout at Burn Boot Camp, the hottest thing this season is comfort, safety and visibility. Check out GapFit's reflective tights, jackets, and hoodies available in men's and women's styles.

Look and Feel Unstoppable in Champs

Get the complete head-to-toe look for your next spin or yoga class when you shop Champs long line of apparel and shoes by top fitness brands like Nike, Adidas, Puma, New Balance and Under Armor. Choose from leggings, track pants, shorts, tank tops, or hoodies—there is something for everyone!

Fitness Basics and Beyond at Sun & Ski Sports

Sun & Ski Sports carries everything you need to jump into your fitness journey from shoes to apparel and all the accessories in between. Back to Basics: Start off with a good pair of shoes to stay aligned during your workouts. Choose from their wide variety of brands, including Asics, Under Armour, Adidas, and Mizuno- just to name a few.

Reach Your End Goal in Style with Finish Line

Whether a deadlifter or a distance runner, Finish Line has the perfect shoes for staying balanced and grounded while you focus on your goals. K-Swiss, New Balance, Nike, and Puma are just a few of the brands on hand to keep you feeling confident at the gym and comfortable on the trails.



Dress for Fitness Success

Your Guide to Finding the Best Athletic Wear at Memorial City Mall

When your outfit reflects your goals, whether career or fitness, you'll feel more motivated. Here is your shopping guide to find the perfect outfit for comfortable and effective fitness wear!



KUU Restaurant
947 GESSNER - GATEWAY MEMORIAL CITY

Light Bites at KUU Restaurant

Looking for personal portions that don't skimp on flavor, but also align with your diet? Check out KUU! Start with their signature dish, the KUU, and enjoy a flavorful Makimono rich with pear, edamame, lobster, and kimchi. Pair it up with their garlic **edamame** or **miso soup** for a healthy meal with tons of flavor!

TIP
KUU also offers an extensive Saki menu to stay warm in the winter breeze without the added calories.



Churrascos
947 GESSNER - GATEWAY MEMORIAL CITY

A Portion for Now, a Portion for Later at Churrascos

You already know Churrascos' flavor-packed menu is hard to beat. For a night out with South American flare, rest easy knowing that Churrascos has plenty of healthier options like their **Ahi Tuna salad**, **Copacabana Ceviche**, or **Garlic-roasted Pollo Al Ajillo** with Scallions and grilled vegetables when you need that extra protein.

TIP
The portion sizes are quite a helping, so don't be afraid to take some to-go for later!



Vallone's
947 GESSNER - GATEWAY MEMORIAL CITY

Discover a New Vallone's

When looking for that signature savory Vallone's taste for the health-conscious dinner plan, look no further than their soup and salad menu, which is anything but boring or skimpy. The **'Foul & Fish & Chops'** section boasts options such as the Lemon Hen with Green Beans and the French Quarter Salad, topped with a mix of seafood tossed in a vinaigrette rather than a heavy dressing.

TIP
Vallone's portions are big enough to save some for later!



State Fare
947 GESSNER - GATEWAY MEMORIAL CITY

Texas Tastes with a Twist at State Fare

Everyone needs a cheat day once in a while, and you know what they say: Go big or go home! Stop by State Fare for that meal you've been longing for all week. It's **the burger**. **The pasta**. The ooey-goey **mac and cheese**. It's only healthy for mind and body to allow yourself a cheat meal now and then, so make it count! Not looking for a cheat meal? Don't worry, there are plenty of healthier options like their generous salads and chicken tortilla soup!



Gateway Memorial City

A Culinary Destination

Hitting the gym is important for reaching your fitness goals, so make your dining experience a guilt-free one. Gateway Memorial City is a foodie's dream, with endless dining options that deliver world-class menus. Here are some hidden health secrets at your favorite restaurants across the destination.

ON TOP OF THE WORLD

EXCLUSIVE LUXURY LIVING IN MEMORIAL CITY

WOOD FLOORS AND GRANITE COUNTERTOPS? **Check.**

STATE-OF-THE-ART APPLIANCES, KITCHEN ISLAND, AND OPEN BAR AREA? **Check.**

PRIVATE BALCONIES? **Check.**

HOW ABOUT RESORT-STYLE POOL WITH PRIVATE CABANAS, SKY LOUNGE, DOG PARK, PRIVATE FITNESS CENTER WITH ON-DEMAND CLASSES, CONCIERGE AND VALET?

Check, check, and check.

WELCOME TO THE MCCARTHY, NOW LEASING!

THE MCCARTHY



9787 KATY FREEWAY



Breathtaking Interiors

Led by the keen tastes of Kathy Andrews Interiors (KAI) in conjunction with Kirksey Architecture, The McCarthy's timeless sophistication and glamorous art-deco influences will transport residents from the hustle and bustle of Memorial City to a stylish, laid-back sanctuary.

THE LIVING AND DINING ROOM: 10-foot high ceilings, discreetly hidden speakers with Bluetooth capabilities, under counter cabinet lighting, and a private balcony overlooking the Memorial City Skyline.

THE BATHROOMS: An escape within themselves, each including a modern tile-backsplash, custom cabinetry, giant sink basins, a walk-in shower, and a garden tub in select units.

Immersive Amenities

Private Lobby	Fully outfitted fitness center
Outdoor pool with a tanning ledge	Secondary private fitness room for private training classes
Sky lounge	Dog park
Private wine storage	Business center
Laptop bar	Valet parking
Private dining room with catering kitchen	Concierge services

TIP

Residents can also indulge in hotel conveniences like ZaSpa and the Tipping Point - Hotel ZaZa Memorial City's fine dining restaurant.

Ideal Location

Featuring every amenity you could want, The McCarthy is also close to everything you could need. Located off I-10 between Gessner and Bunker Hill, The McCarthy is perfect for business professionals working in West Houston and Houstonians looking to live near the activity of Memorial City.

For leasing information and application access, visit TheMcCarthy.ProspectPortal.com

Staycations at ZaZa and Exclusive Residences at The McCarthy

SURPRISE YOUR VALENTINE WITH A ROMANTIC ZA-CATION

Don't bother wasting money on flights and booking rental cars. Hotel ZaZa Memorial City is open for business, and we think you and your special someone are ready for a staycation! With Valentine's Day right around the corner, why wait?



Romantic Candle-Lit Dinner with a View at Tipping Point Restaurant & Terrace

Hotel ZaZa's Tipping Point is more than just a restaurant. The outlet offers an al fresco dining and a lounge experience that rivals the best restaurants in Houston. Offering a view overlooking the Beach Club, it is a true destination within itself and a proud addition to the tradition of Memorial City Houston restaurants. The drink menu alone features exotic wine & beer and carefully curated cocktails like the coffee and whisky mix, **Pike's Peak**, or bubbly Prosecco and pear wonder, **Midnight in Paris**.



ZaSpa's Heavenly Couple's Massage

The buzz about ZaSpa has been circulating through Houston for years with unparalleled service in the Museum District. With Hotel ZaZa Memorial City now open, ZaSpa's luxury treatment is right next door.

TIP

Take advantage of ZaSpa's Relax. Reward. Repeat. rewards program, so that you and your special someone can enjoy more of Hotel ZaZa's amenities throughout 2018.



ZaZa's Beach Club & Lounge, the Ultimate Couple's Retreat

What better place for two lovebirds than the best urban oasis in Memorial City? Known as The Beach Club, come February when it officially opens, ZaZa's Beach Club & Lounge is where you and your sweetheart can relax in chic chaise lounges and be the first to take a swim in Hotel ZaZa's heated pool.

TIP

Want to treat your valentine to a night they won't forget? Visit HotelZaZa.com/Memorial-City to schedule your staycation!



JANUARY EVENT CALENDAR



Memorial City Coffee & Cars

MEMORIAL CITY MALL SOUTH PARKING LOT NEAR FOOD COURT ENTRANCE

Come check out everything from early 1900s machines to the latest supercars like the McLaren P1 and Porsche 918 Spyder, while enjoying a cup of coffee and breakfast for purchase at Chick-fil-A, McDonald's, Cinnabon, PopFancy Pops, and Starbucks starting at 7am!

Jan. 6 from 8-10am



Square Live!

@ THE SQUARE AT MEMORIAL CITY

Come listen to live music by James Kelly every Friday night at The Square and enjoy dancing and popcorn under the stars!

Every Sat. from 6-9pm



Friday Family Movie Night

@ THE SQUARE AT MEMORIAL CITY

Jan. 5: **Beauty and the Beast**
Jan. 12: **Despicable Me 3**
Jan. 19: **The Emoji Movie**
Jan. 26: **Cars 3**

Enjoy free movie nights at The Square every Friday and watch your favorite family flicks with popcorn on the big screen TV under the stars!

Every Fri. from 7-9pm



Square Fit: Boot Camp

@ THE SQUARE AT MEMORIAL CITY

Challenge your fitness at Square Fit: Boot Camp with a free fitness class by Fit Factor that will tone, build strength, and burn plenty of calories!

Every Tues. from 6-7pm



Houston Dynamo JR Academy

@ THE SQUARE AT MEMORIAL CITY

Enjoy this free program for boys and girls ages 5 - 10 with the Dynamo JR Academy staff, and experience a training focused on developing each player's technical skill.

Every Sun. from 3-5pm



Circus Arts

@ THE SQUARE AT MEMORIAL CITY

Tight-rope walk and learn to tumble at The Square every Saturday with Cirque La Vie! Learn ground acrobatics, handstands, wire walking, and more! Best for kids 5-10 years old.

Every Sat. from 11-1pm



Square Arts & Crafts: Abrakadoodle

@ THE SQUARE AT MEMORIAL CITY

Bring the kids out for an afternoon of creative fun at The Square with Abrakadoodle! Enjoy making different arts & crafts at this free activity best for kids 5-10 years old.

Every Sat. from 3-5pm



Giant Game Night

@ THE SQUARE AT MEMORIAL CITY

Bring your "A" game to The Square on Thursday nights for Giant Game Night, featuring a wide range of bigger than life games including Jenga, cornhole, and Connect Four.

Every Thurs. from 6-9pm

