

February 1, 2026



UPCOMING EVENTS

February Fitness

PT with a Purpose – Veterans Fitness meet up

Veterans in the Houston and Humble area are welcome to join us on Feb. 21st, for PT with a Purpose. A monthly meet up designed to bring Veterans together, assess individual fitness needs, and kick off a supportive path toward better health.

It is not an intense workout or competition. It's an opportunity to meet fellow Veterans, connect with our team, and receive a basic fitness assessment to help determine the right next steps for your personal fitness journey.

Date: February 21, 2026

Arrival time: 0730

Start time : 0800

Location: Crunch Fitness – Humble, 19300 US-59N, Humble, Tx 77338

Whether you're just getting started, getting back into training, or already active and looking for accountability – all Veterans are welcome.

RSVP required. Please email: onyoursix@lonestarvets.org or sign up on our events calendar on www.lonestarvets.org

PARTNERSHIPS

We're excited to announce our new partnership with Hurts MMA Gym! 

This collaboration brings together two teams committed to strength, discipline, and personal growth. Through this partnership, we're looking forward to creating new opportunities, exclusive experiences, and added value for our community. Hurts MMA Gym's dedication to high-level training and positive culture makes them a perfect fit, and we can't wait to see what we build together. Stay tuned for upcoming programs, events, and special offers!

hurtsmma.com

ENROLLEMENT

Enrollment is now available directly on our website! 

Signing up has never been easier. You can now enroll anytime, anywhere, with just a few clicks—no paperwork, no waiting. This update is part of our ongoing effort to make your experience as smooth and convenient as possible. Head to our website to get started!

<https://lonestarvets.org/enroll-now>