



# NORTHWEST CROSSING

## NOTES FROM THE PRESIDENT'S DESK

Dear Northwest Crossing Homeowner:

THANK YOU! to the 93% of the 3,959 NWC Homeowners that have taken care of their 2023 Annual Assessments.

We finally got a little rain and hope we have seen the last of the cold weather. Be sure to keep an eye on your yards as the growing season is upon us.

If you are thinking about any outdoor home improvement projects, please fill out the Architectural Control Committee form **before** you start. The form is available on our website and at the On-site Office. Dusty works with the committee to get them approved in a few days.

We are hiring Pool Attendants for the summer. The Dover Ridge pool opens on Saturday, May 20th and the Weybridge pool opens Sunday, May 21st. Please make sure your CellBadge information is up to date for pool and tennis court access.

The city contractors are busy repaving and making improvements to the curbs to improve wheelchair accessibility at street intersections.

SAPD has added a new SAFFE Officer to service our area - Hunter McCampbell.

Helen McAndrews is recruiting Citizens on Patrol (COP) volunteers to help keep crime out of our neighborhood. If interested, contact Helen at 210-954-3060 or the On-site Office 210-647-0689.

In an effort to improve communications, beginning in April a representative from our management company (Patriot) will be at the On-site Office for face-to-face meetings. The plan is to be there the first and third Tuesdays from 10am until 2pm, and the second Wednesday from 3:30pm until 7pm every month. Participation will be monitored and adjusted as appropriate. Appointments for other times can be requested at [dawn@patriotcm.com](mailto:dawn@patriotcm.com).

Have a great Spring!



### 2023 NWC Board of Directors

**President**  
Ken Pfeiffer

**Vice President**  
Helen McAndrews

**Secretary**  
Dora Martinez

**Treasurer**  
Ben Saine

**Members at Large**  
Mark Ochoa  
Diane Lopez  
America DiGangi

### Committee Directors

**Customer Service  
Representative**  
Karen Leppard

**Customer Service  
Representative**  
Mary Bartos

**Neighborhood Watch**  
Helen McAndrews

**Swim Team Program  
Director**  
Acacia Price

**24-hour Security Patrol**  
(210) 952-9151

### On-Site Office Hours

Sun & Mon..... Office Closed  
Tues..... 10 am—2 pm  
Wed..... 3:30—7:30 pm  
Thurs..... 10 am—2 pm  
Fri..... 10 am—2 pm  
Sat..... 8 am—12 pm

## HELPFUL NUMBERS

**ON-SITE OFFICE**..... (210) 647-0689

Clubhouse rentals, Community Events, Volunteering

**WEBSITE**..... [www.nwchoa.org](http://www.nwchoa.org)

**EMAIL**..... [nwc@nwchoa.org](mailto:nwc@nwchoa.org)

**JOIN**  @Northwest Crossing Association of San Antonio

**ON-SITE MANAGER**..... (210) 837-7774

**24-HR SECURITY PATROL**..... (210)-952-9151

**PATRIOT OFFICE**..... (210) 568-1558

..... (210) 354-7403

Payments, Deed restriction violations, Architectural Control Requests

**PATRIOT FAX**..... (210) 568-6198

**WEBSITE**..... [www.patriothoa.com](http://www.patriothoa.com)

**EMAIL**..... [info@patriotcm.com](mailto:info@patriotcm.com)

**SWIM TEAM**.....  [nwcrdolphins@gmail.com](mailto:nwcrdolphins@gmail.com)

**WEBSITE**..... [www.nwcrdolphins.com](http://www.nwcrdolphins.com)

**NISD POLICE**..... (210) 397-5600

**CITY SERVICES**..... 3-1-1

Solid waste, animal care services, code violations, graffiti

**EMERGENCIES**..... 9-1-1

Non-EMERGENCY SAPD..... (210) 227-7201

PRUE SUBSTATION..... (210) 694-7600

SAPD SAFFE, OFFICERS GARZA, KING, and

McCAMPBELL (210) 207-7169

FIRE/EMS..... (210) 207-7744

CITY COUNCIL, DISTRICT 6..... (210) 207-3749

BEXAR COUNTY COMMISSIONER,

PRECINCT 2..... (210) 335-2612

*Please note numbers for non-emergency SAPD and 24-hour security patrol above. If you believe a serious crime is being committed do not hesitate to call 911. We need your participation in eliminating opportunities for crime.*

## ASSOCIATION MEETINGS

### Board of Directors

3rd Wednesday Monthly at 6:30 pm

Weybridge Clubhouse

10280 Dover Ridge

*Homeowners are invited to attend. To schedule time to address the Board, contact Dusty (210) 837-7774.*

### Homeowners

4th Thursday of January Annually at 7pm

Weybridge Clubhouse

10280 Dover Ridge

## NWC HOA ACTIVITIES AT-A-GLANCE



**Monthly NWC HOA BOARD Meeting. Every 3rd Wednesday at 6:30pm, Weybridge Clubhouse. Come voice your opinion.**



**West Coast Swing Dancing Lessons. Every Tuesday night from 7pm-8pm at the Dover Ridge Clubhouse. Contact Julie at 210-290-2130 or [Julie.tiny.dancer@gmail.com](mailto:Julie.tiny.dancer@gmail.com).**



**C.O.P (Citizens On Patrol) Class. Next class on May 18th, from 6pm-9pm (2023 schedule on pg. 6). For any questions, contact Officer Greg Perry at (210) 207-5830.**



**Swim Team 2023! Season starts May 15th! Registration will be all online from March 20th to April 28th (flyer on pg. 5).**



**Northwest Crossing Easter Egg Hunt. April 1st at the Weybridge Clubhouse for children ages 0-11. Bring a basket to carry your goodies! Hunt begins at 10 am.**



**Community Garage Sale. April 14th, 15th, and 16th at your own address. Must obtain city permit. Call On-site Office to add your garage sale to the master list for advertising. 210-647-0689.**



**NWC HOA Pools. Opening date is scheduled for May 20th (see pool schedule on pg. 8).**



**Water Aerobics is BACK! Come enjoy the sunshine and make new friends while getting your exercise (see pg. 4 for details).**



210-568-1558 / [www.patriothoa.com](http://www.patriothoa.com) / [info@patriotcm.com](mailto:info@patriotcm.com)

PO Box 591610, San Antonio, TX 78259

### NOW AVAILABLE!

Face-to-face meetings with Patriot HOA Management at the On-site Office. Scheduled hours are posted on page 1. Can also be done by appointment.

## ALARM PERMITS

The City of San Antonio Code of Ordinances Chapter 25, Article IV, regulates the operation of alarm systems within the city limits of San Antonio. This ordinance addresses both commercial and residential alarm systems. Automatic dialers programmed to directly notify SAPD are also regulated by this ordinance.

All alarm systems within the city limits **must** be permitted through the San Antonio Police Departments Alarm Investigations Office (AIO). The alarm user is ultimately responsible for notifying the AIO of the installation of an alarm system. SAPD **will** respond to calls whether the alarm system is permitted or not.

Cost of permit is \$40/yr. Fine if called and NOT registered is \$75.

## Illegal Dumping

Illegal dumping is improper disposal of waste at any vacant location other than an authorized landfill or special facility.

### Why Is Illegal Dumping Bad?

It pollutes our waterways. Illegally dumped trash can get swept into streets, storm drains, and drainage ditches when it rains and enter our rivers and creeks. It's against the law.

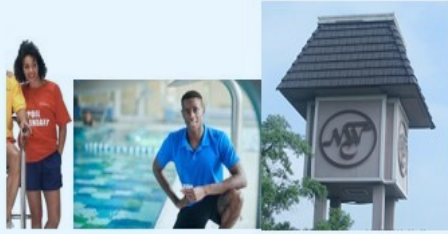
Illegal dumping violates the San Antonio City Ordinance Section 34-703 ("Placing brush cuttings, clippings and/or rubbish into the MS4") and Section 14-47 ("Objectionable or unsightly matter and dumping declared nuisances").

### What can I do?

Report it! If you find or witness illegal dumping, call the City of San Antonio's 3-1-1 Customer Service Hotline and submit a report.

**DON'T GET FINED!**





*Northwest Crossing*  
Home Owners Association  
Since 1985

## **ARE YOU LOOKING FOR A SUMMER JOB?**

**Northside Pool Management is hiring Pool Attendants this summer for both neighborhood pools.**

**Requirements:** College, high school students, and Seniors rejoining the workforce who have completed First Aid & CPR training can apply.

We are seeking reliable and trustworthy Pool Attendants to look after guests and manage the swimming pool area. In this role, you will be required to welcome and attend to guests, enforce safety rules, and manage pool equipment and facilities, among other duties.

If interested, contact: *bryanheathnpm@yahoo.com* or 210-316-6500

### *SPOTLIGHT SEARCH*

We are looking for inspiring spotlights for future issues of the Northwest Crossing newsletter.

- ◇ Do you or your neighbor have an interesting job?
- ◇ Do you serve in our community or know someone who serves in our community?
- ◇ Do you know a neighbor who has overcome seemingly insurmountable obstacles?
- ◇ Do you know someone in our community you think others would like to know more about?

Send us a story!  
*nwc@nwchoa.org*

## **Water Aerobics is BACK!**



**Monday & Wednesday**

**6:30pm - 7:30pm**

**Tuesday & Thursday**

**11:45am - 12:45pm**

**DATES:**

**June 5th - August 30th**

**NO CLASSES JULY 3rd & 4th**

**SWIM  
IS  
BACK!**



**SPLASH INTO  
SUMMER  
WITH**



**SEASON BEGINS MAY 15**

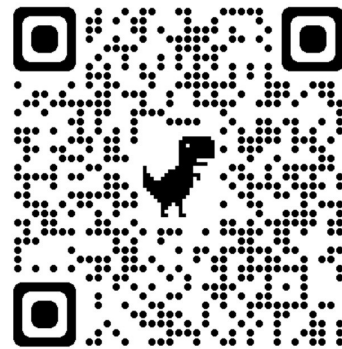
PRICE: \$150/ SWIMMER  
*INCLUDES SWIM CAP & SHIRT*

OPEN TO SWIMMERS 18 & UNDER

NON-COMPETITIVE PRE-TEAM  
FOR POTTY TRAINED BEGINNERS

**REGISTER ONLINE**

**3.20 - 4.28**



**NWCRDOLPHINS.SWIMTOPIA.COM**

**WE ARE LOOKING FOR SPONSORS!**

TEAM SPONSORSHIP IS ONLY \$200 FOR THE SEASON, AND PROVIDES  
ONE SWIMMER FREE MEMBERSHIP.



## 2023 C.O.P CLASS SCHEDULE PRUE ROAD SERVICE AREA



JANUARY 19	THURSDAY
MARCH 16	THURSDAY
MAY 18	THURSDAY
JULY 20	THURSDAY
SEPTEMBER 21	THURSDAY
NOVEMBER 16	THURSDAY

**CLASSES ARE HELD FROM 6:00pm-9pm**  
**ANY QUESTIONS CONTACT OFFICER GREG PERRY #1587**  
**AT (210) 207-5830**



**In a nutshell, the Justice Charter proposes the following changes to the city charter:**

1. DECRIMINALIZATION OF MARIJUANA
2. BAN CHOKEHOLDS
3. BAN NO KNOCK WARRANTS
4. CITE AND RELEASE
5. DECRIMINALIZATION OF ABORTION
6. CREATION OF A JUSTICE DIRECTOR



**Cite and release removes police authority to arrest for:**

- All Class C misdemeanors,
- Possession of controlled substance less than 4 oz synthetic cannabinoids,
- Driving while license invalid,
- Theft of property less than \$750,
- Theft of service less than \$750,
- Contraband in a correctional facility,
- Graffiti with damage less than \$2500, and
- Criminal mischief with damage less than \$750.



## Keeping Northwest Crossing On Top!

One of the primary functions of a homeowner's association is to protect property values. That is typically accomplished by: 1. Maintaining the Common Areas/Elements of the Community, 2. Ensuring Compliance with Governing Documents, and 3. Conducting the Financial Business of the Association.

Zip code 78250 has the two largest managed homeowner associations in the US and those happen to be The Great Northwest and Northwest Crossing. Surrounding these two subdivisions are two non-HOA Managed communities, Hidden Meadows and New Territories.

Obviously, we all want to minimize our property taxes and keep our community wonderful to live in, as well as, safe to boot! So, how does NWC property values stack up against our neighboring communities that are mentioned above?

Looking back 12 months at 3–4-bedroom homes in the San Antonio Board of REALTORS, this is what was found.

Community	# Sold	Ave DOM*	Ratio SP:OLP**	Ave Sales Price
Hidden Meadows	34	38	97	\$210,558
New Territories	63	36	97	\$257,628
Great Northwest	75	38	98	\$256,629
Northwest Crossing	105	31	101	\$273,167

\*DOM-Days On Market

\*\* Ratio SP:OLP-Sold Price / Original List Price

[https://drive.google.com/file/d/1DDxUT3iM4g\\_6kc15aWiHpCehYsFjcciW/view?usp=share\\_link](https://drive.google.com/file/d/1DDxUT3iM4g_6kc15aWiHpCehYsFjcciW/view?usp=share_link)

Keeping property taxes low is a function of the "Appraised Value" that BCAD places on your property and the "Assessed" value that is based on the eligible exemptions applicable to you. The most common exemption to take is "H", the General Residence Homestead Exemption and the next one is "Other" which is Person Age 65 or Older (or Surviving Spouse).

You can look up your property tax information by visiting [www.bcad.org](http://www.bcad.org) and selecting the icon shown below.



The information I found shows that by having the exemption "H", reduces your tax rate from 2.475% to approximately 1.920% and saved one homeowner \$1,345.75. Another homeowner was eligible for "Other", and their tax rate dropped from 2.475% to approximately 0.795%, saving them \$3,342.89. It's worth the effort to apply for your exemptions!

For information on how to protest your taxes, feel free to contact me at 210-232-2310.

Randy Elgin – Broker Associate – Option One Real Estate

# 2023 NWC POOL SCHEDULE

NWC May 2023 Pool Schedule						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Dolphin WB	16 Dolphin WB	17	18 Dolphin WB	19	20 DRP 1-9
21 WB Pool 1-9	22 Dolphin WB DRP 4-9	23 Dolphin WB DRP 4-9	24 DRP 4-9	25 Dolphin WB DRP 4-9	26 DRP 4-9	27 BOTH 1-9
28 BOTH 1-9	29 Dolphin WB BOTH 1-9	30 Dolphin WB DRP 4-9	31 DRP 4-9			
NWC June 2023 Pool Schedule						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Dolphin WB DRP 4-9	2 DRP 4-9	3 BOTH 1-9
4 BOTH 1-9	5 Dolphin WB WBP 1-9	6 Dolphin WB DRP 1-9	7 Dolphin WB WBP 1-9	8 Dolphin WB DRP 1-9	9 WBP 1-9	10 BOTH 1-9 Swim Meet 7-12
11 BOTH 1-9	12 Dolphin WB WBP 1-9	13 Dolphin WB DRP 1-9	14 Dolphin WB WBP 1-9	15 Dolphin WB DRP 1-9	16 WBP 1-9	17 BOTH 1-9
18 BOTH 1-9	19 Dolphin WB WBP 1-9	20 Dolphin WB DRP 1-9	21 Dolphin WB WBP 1-9	22 Dolphin WB DRP 1-9	23 WBP 1-9	24 BOTH 1-9 Swim Meet 7-12
25 BOTH 1-9	26 Dolphin WB WBP 1-9	27 Dolphin WB DRP 1-9	28 WBP 1-9	29 DRP 1-9	30 WBP 1-9	
NWC July 2023 Pool Schedule						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 BOTH 1-9
2 BOTH 1-9	3 BOTH 1-9	4 BOTH 1-9	5 WBP 1-9	6 DRP 1-9	7 WBP 1-9	8 BOTH 1-9
9 BOTH 1-9	10 WBP 1-9	11 DRP 1-9	12 WBP 1-9	13 DRP 1-9	14 WBP 1-9	15 BOTH 1-9
16 BOTH 1-9	17 WBP 1-9	18 DRP 1-9	19 WBP 1-9	20 DRP 1-9	21 WBP 1-9	22 BOTH 1-9
23 BOTH 1-9	24 WBP 1-9	25 DRP 1-9	26 WBP 1-9	27 DRP 1-9	28 WBP 1-9	29 BOTH 1-9
30 BOTH 1-9	31 WBP 1-9					
NWC August 2023 Pool Schedule						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 DRP 1-9	2 WBP 1-9	3 DRP 1-9	4 WBP 1-9	5 BOTH 1-9
6 BOTH 1-9	7 WBP 1-9	8 DRP 1-9	9 WBP 1-9	10 DRP 1-9	11 WBP 1-9	12 BOTH 1-9
13 BOTH 1-9	14 WBP 1-9	15 DRP 1-9	16 WBP 1-9	17 DRP 1-9	18 WBP 1-9	19 BOTH 1-9
20 BOTH 1-9	21 WBP 1-9	22 DRP 1-9	23 WBP 1-9	24 DRP 1-9	25 WBP 1-9	26 BOTH 1-7
27 BOTH 1-7	28	29	30	31		
NWC September 2023 Pool Schedule						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 BOTH 1-9
3 BOTH 1-9	4 BOTH 1-7	5	6	7	8	9 WB 1-7
10 DR 1-7	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



# NWC HOA POOL RULES

The following rules and regulations are for the protection and benefit of all to assure safe and sanitary operation of the pool facilities. Your cooperation in abiding by these conditions will afford pleasant relaxation and recreation for all members/guests. Parents are requested to caution their children to observe all rules and regulations.

Failure to comply with these rules shall be considered cause for any action deemed necessary by Management or Board of Directors, including the temporary suspension of violators from the use of the pool area.

The pool manager will be in charge of qualified pool attendants, both of whom will be under the direct supervision of the Association. All members and guests using the pool will be required to register with the pool attendant.

Your assistance is not only needed but also required to make the pools safe and enjoyable facilities.

1. **All members** ages six (6) and older must be registered in the CellBadge ID system to be admitted into the pool. One family member may not sign in others in the same household as guests.
2. No one shall use the pool unless it is officially open and pool attendants are on duty.
3. The on-duty pool attendants will be in charge of the pool operation and are responsible for the enforcement of the Rules and Regulations. **All persons must obey the instructions of the pool attendants.**
4. The Association, pool attendants, and Board of Directors will not be responsible for loss or damage to any personal property of any kind.
5. All persons using the facility do so at their own risk in conformance with the rules and regulations. **Any person may be suspended from the recreational facilities, at the sole discretion of the pool attendant in charge, for violations of the rules and regulations or for any other reason, which in their judgment, constitutes a hazard to others.**
6. After a person has been removed from the pool area twice, he/she or a parent (if a minor) will be notified in writing. After the third removal, the person will be suspended from using the pool area, and CellBadge ID will be invalid. Re-instatement will occur upon approval of the Board of Directors only.
7. No pets are allowed in the pool area.
8. Admission will be refused to all persons having any infectious diseases, colds, nasal or ear discharges, or any communicable diseases of any kind.
9. Glassware is forbidden in the pool area.
10. No alcohol is allowed in the pool area.
11. Food will be allowed in the pool area; however, no cooking will be allowed inside the fenced area except during private parties at Association's discretion. No food, drinks, bottles, or gum chewing is permitted at the pool's edge or in the pool.
12. All trash such as food wrappers, soda cans, etc. must be placed in containers provided for such use.
13. Smoking is allowed in designated areas only.
14. Skates, skateboards, bicycles, and similar devices will not be allowed inside the pool area.

16. **GUEST POLICY:** Each ADULT (18+) member is allowed to sign in up to 4 guests at either pool. A resident of NWC HOA cannot be signed in as a guest. Resident must accompany guests for duration of their stay.
17. **SWIMMING ATTIRE POLICY:** Proper swimming attire must be worn by anyone entering the water. No cut-offs, diapers (special swim diapers are allowed), street shirts or shorts, etc. will be allowed in the pool. A plain white t-shirt may be worn for additional sun protection. Indecent exposure will not be allowed in the pool area.
18. Children must be proficient swimmers to be allowed in the deep area of the pool. Their proficiency will be determined by the pool attendant standards.
19. Floating devices attached to the swimmer for safety is allowed in the shallow end only.
20. No inner tubes, balls, Frisbees, snorkels, glass lens face masks, or glass lens goggles may be used in the pool. Nerf balls and similar playing equipment are allowed at the discretion of the pool attendants, as long as their use does not interfere with other people.
21. Running, horseplay, wrestling, ball playing, or causing undue disturbance in or about the pool is not allowed.
22. Spitting or spouting water, dunking, running, scuffling, or horseplay of any kind is not allowed. **Abusive or profane language will NOT be tolerated.**
23. No loitering on ladders.
24. **No diving.**
25. Pool games are allowed at the discretion of the pool attendants.
26. Kiddy pool is intended for use by young children and those who cannot swim or are not strong swimmers ONLY.
27. Injuries should be reported to the pool attendants immediately.
28. The pool attendants may declare a fifteen (15) minute rest period once every hour on the fourth quarter hour. Only persons eighteen (18) and older will be allowed to swim at that time.
29. No pool equipment, furniture, etc. may be removed from the pool area.
30. Radios and sound equipment must be kept at a reasonable volume and will be monitored at the pool attendant's discretion. No loud radios or sound systems will be allowed.
31. No loitering in the restrooms or parking lots.
32. Pool area parking lot must be vacated upon pool closing.
33. No photography or video recording is allowed without approval of the HOA.\*\*

**NOTE:** The pool attendants have the authority to use their judgment in making decisions regarding the enforcement of the Rules and Regulations. Any disagreement of the rules and regulations or the method of enforcement should be directed to the Board of Directors at [nwc@nwchoa.org](mailto:nwc@nwchoa.org).

\*\* Pool attendant may allow photography and or video recording with approval of those being photographed or recorded. Private parties, social events, and sporting events may allow photography/video recording with permission of the individuals hosting the event (i.e. swim team, water aerobics, parties).

These rules and regulations may be amended or added to at any time by the approval of the Board of Directors.



## **REMINDER: To use the Northwest Crossing Pools, you need to be in CellBadge!**

Follow the steps below to get registered in CellBadge so that you can be ready to enjoy our pools this summer.

### **CELLBADGE ID SYSTEM!**

Starting in January 2021, Northwest Crossing implemented a new ID Card system. **CellBadge** is a safe security badging application that replaces the old plastic badge.

If you are ready to get started just follow the steps below:

1. Log into [NWCrossing.cellbadge.com](http://NWCrossing.cellbadge.com)
2. To register, select “Initial Add Request” and you will receive a PIN number, log in using that PIN and enter your last name, address, phone number, emergency phone number, and email address.
3. All information will be confirmed and approved by an administrator and you will be sent a confirmation email. For the first year, an administrator will need to add your photo. Please send photos to [nwc@nwchoa.org](mailto:nwc@nwchoa.org) and attach proof of residence for all adults (18+) in the household.
4. Once operational, you will have access to pools, tennis courts, clubhouses, and parks.



## Welcome to NWC!

NWC Association has an On-site Office at 10280 Dover Ridge across from NWCrossing Elementary. Staffers Karen and Mary would like to welcome you to the neighborhood.

They have a welcome packet full of helpful information and can guide you through the process of account set up and the CellBadge ID registration process.

**NORTHWEST CROSSING  
ASSOCIATION**  
of SAN ANTONIO, Inc.

On-site Office:  
10280 Dover Ridge  
San Antonio TX 78250

Mailing Address:  
PO Box 591610  
San Antonio TX 78259

Phone: 210-647-0689  
E-mail: [nwc@nwchoa.org](mailto:nwc@nwchoa.org)

Website: [nwchoa.org](http://nwchoa.org)



## STAY IN THE KNOW!

**Would you like to receive notifications of what's going on in your neighborhood?**

**We recommend three ways to stay in the know.**



Go to **Nextdoor.com** and sign up for an account; your address is required. You can personalize settings and notifications to receive email updates or alerts to your phone. NWC HOA security and SAPD highly recommend you join. *Please note: This is not a good way to contact NWC On-site Office or NWC Security.*



We are on Facebook @**NWCSATX**. Follow our page for important announcements from the community.



Send us an email!  
**[nwc@nwchoa.org](mailto:nwc@nwchoa.org)**

**Promote your business and advertise with us!**

## Northwest Crossing HOA

### Bi-Monthly Newsletter Advertising Options

**REACH NEARLY 4,000 RESIDENCES IN NW SAN ANTONIO!**

Northwest Crossing HOA is made up of nearly 4,000 homes including single-family residences and duplex condos. Every other month the On-site Office staff produces an electronic newsletter to keep residents and homeowners informed about community events, volunteer opportunities, safety and security concerns, homeownership tips, and other information. Local businesses are invited to advertise their services and products in the electronic newsletter. Below is the issue schedule and pricing.

Issues are published on the 1st day of the first of the two months listed:

**February/March**  
**April/May**  
**June/July**

**August/September**  
**October/November**  
**December/January**

Contact NWC HOA On-site Office at (210) 647-0689 or [nwc@nwchoa.org](mailto:nwc@nwchoa.org).

**HOW IT WORKS**

After a brief **No Sweat Intro** we will create your personalized plan for your goals.

- Look Better
- Feel Better
- Get Stronger
- Get Toned

**WHAT'S INCLUDED?**

- Personalized Exercise Program
- Nutrition Guidance
- Accountability & Support
- Flexible Scheduling

**\$100 OFF & 2 Weeks Free**

**Semi - Private Personal Training**

13 Apr/May 2023