



MEDIA ADVISORY

January 14, 2008

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LACENTERRA AT CINCO RANCH LAUNCHES "FIT & FABULOUS" WALKING CLUB

**CENTER STROLLS BEGIN TUESDAY, FEBRUARY 2
6:00 P.M. – 7:00 P.M.**

WHAT: Residents of all ages and fitness levels are invited to take part in LaCenterra's "Fit & Fabulous" walking club. "Fit & Fabulous" center strolls will take place every Tuesday, Wednesday and Thursday from 6:00 p.m. - 7:00 p.m. beginning Tuesday, February 2.*

Jason Hodge, Medical Fitness Pros owner and certified medical exercise specialist will serve as LaCenterra's resident fitness expert. Mr. Hodge will create routes based on beginner and advanced fitness levels and will help participants focus on improving health through walking. "Fit & Fabulous" center strolls will take place weather permitting.

**Schedule subject to change based on participant preference.*

WHEN: **Tuesdays, Wednesdays and Thursdays
6:00 p.m. – 7:00 p.m.
Beginning Tuesday, February 2**

WHERE: **LaCenterra at Cinco Ranch**
Heritage Square (central courtyard)
23501 Cinco Ranch Boulevard at Grand Parkway
Katy, Texas

DETAILS: For additional information, please visit www.lacenterra.com or call the management office at (281) 395-5533. To learn more about Medical Fitness Pros, visit www.medicalfitnesspros.com or call (281) 500-6055.

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About LaCenterra at Cinco Ranch

Located on the western edge of metropolitan Houston in Katy, Texas, LaCenterra at Cinco Ranch blends uptown style and old town charm. LaCenterra offers upscale shopping, dining, class "A" office space and luxury living (Spring 2010) in a Main Street-styled setting reminiscent of days gone by. The 34-acre mixed-use development, a joint venture of Houston-based Vista Equities Group and Denver-based Amstar Group, is nestled within the 7,400-acre master planned community of Cinco Ranch by Newland

Communities. Phase I of LaCenterra opened March 1, 2007, with 170,000 sq. ft. of retail space and 90,000 sq. ft. of Class "A" office space. Phase II is scheduled for completion Spring 2010 and will include an additional 160,000 sq. ft. of retail space and 252 residential living units.

LaCenterra is located at 23501 Cinco Ranch Boulevard, at the intersection Cinco Ranch Boulevard and Grand Parkway, just minutes from I-10, Highway 6 and the Westpark Toll Road. The project design is by Hermes Architects with construction by Hoar Construction.

Retail leasing coordinated by Susan Longley of Jones Lang LaSalle, (214) 321-3881. Office leasing provided by Lee Jeane and Louann Orlando of CB Richard Ellis Group, Inc., (713) 577-1600. For additional information on LaCenterra at Cinco Ranch, please visit www.lacenterra.com or the Vista Companies at www.vistahouston.com.

About Medical Fitness Pros

Medical Fitness Pros bridges the gap between healthcare and fitness in the Katy area. All Medical Fitness Pros are certified by the American Academy of Health, Fitness and Rehabilitation Professionals (AAHFRP) in order to achieve the highest level of education and provide a superior level of patient care. The AAHFRP is the only organization created by physicians and physical therapists to teach fitness professionals how to work with clients with musculoskeletal, neurological, cardiovascular and metabolic disorders. For additional information, please visit www.medicalfitnesspros.com or contact Jason Hodge at jhodge@medicalfitnesspros.com.