



24 Hour Fitness Galleria Unveils Club Refresh in the Heart of Houston

Members invited to grand reopening celebration November 1 featuring upgraded equipment and a new Recovery24 zone.

Houston, TX (November 1, 2025) – [24 Hour Fitness](#) is inviting the Houston community to celebrate the grand reopening of its Galleria club, located at 5070 Richmond Ave, following a recent refresh that brings new energy, upgraded amenities and enhanced member experiences to the space.

The celebration will take place on Friday, November 1, from 9:00 a.m. to 1:00 p.m., featuring complimentary workouts, guided club tours, special studio classes and exclusive membership offers. Guests will have the opportunity to experience firsthand the refreshed layout and updates designed to help members reach their fitness goals in a welcoming, motivating environment.

The Galleria club refresh includes a new floorplan layout to improve member flow and accessibility, select new equipment across strength and cardio zones, and the addition of Recovery24, a new area dedicated to rest, repair and overall well-being.

Recovery24 offers members a variety of self-guided recovery tools and experiences to complement their workouts. The space is designed to help reduce muscle soreness, improve flexibility, and support long-term performance. Features include massage guns, Hyperice compression boots, and stretching zones, giving members the chance to recover and recharge after every session. It's part of 24 Hour Fitness' ongoing investment in providing a holistic fitness experience that supports the body before, during, and after exercise.

“Houston has an incredible fitness community, and this refresh reflects our continued investment in giving members the best tools and spaces to support their goals,” said Jeanette Forsius Wilson, District Manager at 24 Hour Fitness. “We’re excited to welcome everyone back to experience the upgraded club and celebrate what makes 24 Hour Fitness such an important part of the local community.”

The 24 Hour Fitness Galleria club features thousands of square feet of functional training areas, free weights, premium cardio and strength equipment, studio classes, and personalized training options to help every member find their strength.

For more information, visit www.24hourfitness.com.

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About 24 Hour Fitness

For more than 40 years, 24 Hour Fitness has been dedicated to creating a healthier, happier world through fitness. 24 Hour Fitness offers welcoming and inclusive environments with thousands of square feet of premium strength and cardio equipment, turf zones, free weights, functional training areas, and more. Members can choose from a variety of options such as studio and cycle classes, personal training, and innovative digital and virtual offerings to help them keep their minds and bodies fit. For more information about 24 Hour Fitness and its programs, visit www.24hourfitness.com.

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