ESN Health
Personal Fitness Training
Changing Lives
at ESN Health
CINCO RANCH
22756 Westheimer Pkwy, St. 160
Katy, Texas 77450
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20 YEARS
AGGIE 100
www.esnhealth.com
ESN Health - a Kobermann Enterprises, Inc. company

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ESN Health
Personal Fitness Training

Welcome to ESN Health

Let me be the first to welcome you to ESN Health! My name is Ryan Kobermann, and I am the owner of ESN Health. I am often asked, 'What does ESN stand for? It's as simple as:

Exercise + Supplementation + Nutrition = HEALTH Results

At ESN Health, it's our philosophy that the foundation for a **healthy lifestyle** begins with proper **exercise**, **supplementation** (i.e. vitamins), and **nutrition** synergistically working together.

When I founded ESN Health, I wanted to create an atmosphere where people felt **empowered** about their health, where they would have the opportunity to learn about what it means to make **sustainable changes for life**, specific for their body type and daily lifestyle. I wanted to create a fitness coaching center, where everyone that works at ESN Health, including me, is on your team and is helping you achieve your goals. From the front desk "Got Your Back" team to the professional certified fitness coaches and program designers, we are all here to help take care of you, ensuring you have the very best experience possible. After all, the more comfortable you feel, the more you will **trust in us to guide you and progress you to the next level—making changes that will keep you healthy and fit for life.**

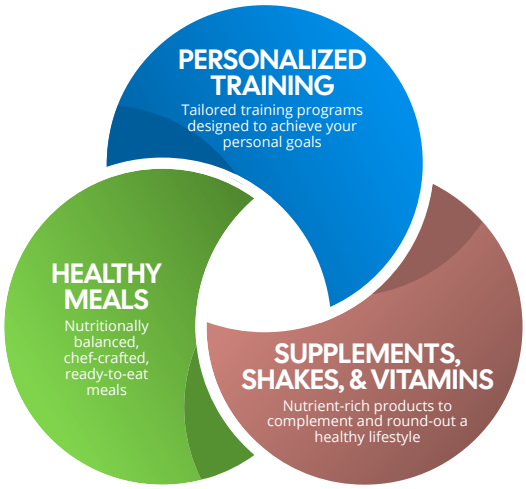
Ryan Kobermann

About ESN Health

ESN Health was founded on the belief that Exercise, Supplementation, and Nutrition are the foundation for a healthy lifestyle.

Our Philosophy: When building something to last, always start with a strong foundation. Our integrated approach to exercise, supplementation, and nutrition means we combine personalized training programs, organic supplements, post-workout recovery shakes, vitamins, science-backed nutritional coaching, and ready-to-eat healthy meals so that each client can build a lasting foundation for a healthy lifestyle. It is through this collaborative approach that we have been changing lives at ESN Health for over 20 years.

Our Mission: To help each client live a healthier and well-balanced life. We are dedicated to ensuring each client achieves and sustains their personal health and fitness goals.



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ESN Health: The Future of Wellness, Redefined

Where Performance Meets Precision

At ESN Health, wellness isn't a single service it's a fully integrated experience. Every detail is designed with intention, bringing together training, nutrition, recovery, and lifestyle support to deliver real, lasting results. This is where transformation becomes sustainable. This is where you elevate. ***"True results happen when every element of your health works together."***

PERSONALIZED TRAINING & NUTRITION	**Built Around You.** No two bodies are the same your plan shouldn't be either. Our private training and customized nutrition coaching are designed specifically for you. Your goals, your lifestyle, your pace. Whether you're focused on fat loss, strength, or overall vitality, every detail is tailored to help you perform and progress with purpose.
SUPPLEMENTS THAT WORK WITH YOU	**Fuel with Intention.** We simplify supplementation by focusing on what actually works. Our premium, high-quality vitamins and supplements are curated to complement your training and nutrition—supporting recovery, enhancing performance, and optimizing your overall health.
RECOVERY JUICEBAR	**Refuel. Rebuild. Recover.** Your recovery starts the moment your workout ends. Our in-house Juicebar offers fresh, nutrient-dense shakes crafted to replenish, rebuild, and re-energize—helping you get the most out of every session. ***"Recovery isn't optional. It's where results are built."***
ESN HEALTHY KITCHEN	**Nutrition, Elevated.** Consistency is everything and we make it effortless. Our chef-prepared, portion-controlled meals are designed to fuel your body without sacrificing convenience. Clean, balanced, and performance-driven nutrition—ready when you are.
RECOVERY & REGENERATION	**Recover Smarter. Perform Better.** How you recover determines how you perform. Our targeted recovery sessions are designed to reduce pain, improve mobility, and accelerate progress. Each session is personalized to your body, helping you move more freely and train more effectively. **Specialized techniques include:** • *Active Release Technique (ART)* • *PNF Stretching* • *Myofascial Melt* • *Trigger Point Therapy (Acupressure)* • *Compression Therapy* • *Neurological Reset Treatment*
SUPPORT THAT MOVES WITH YOU	**Maintaining Momentum.** Your progress doesn't stop when your session ends. We offer a curated selection of recovery tools and essential fitness equipment giving you the ability to support your body, enhance recovery, and maintain momentum from home. ***"We don't just train bodies. We build lifestyles."***

The ESN Health Standard

We meet you where you are and take you further than you thought possible. Every element of ESN Health is designed to work together, creating a seamless experience that helps you:

Burn fat. Get stronger. Increase energy and vitality. Feel better.

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ESN Health
Personal Fitness Training

Personal Training, Redefined.

Unlike crowded gyms and one-size-fits-all group classes, ESN Health delivers a truly personalized experience, partnering with you every step of the way to achieve lasting results. Create a healthier, well-balanced life with ESN Health, Katy's premier personal training center, where your health and fitness journey is as unique as you are.

Experience the ESN Health Difference

At ESN Health, personal training isn't just workout, it's fitness partnership. Every client begins with a comprehensive evaluation, allowing our team of expert trainers to understand your goals, lifestyle, and challenges. Together, we design a fully customized program that fits you, builds healthy habits, and achieves sustainable results. No guesswork, no gimmicks. Simply proven programs, built on two-decades of experience, designed to help each client get stronger, have more energy, and live healthier.

Tailored for Every Body

Whether you're an individual seeking private 1-on-1 training, a small group seeking focused support, or an athletic team ready to take it to the next level, the ESN Health team is ready to serve you. We serve every body type and provide offerings from age 8 to 80+. No two clients are the same, and neither are our solutions.

The ESN Health Promise

Personalized Programs: Every plan is tailored to your unique needs and goals.

Expert Guidance: Work with certified trainers who are invested in your success.

Sustainable Results: Build habits that last a lifetime, not just for a season.

Nutritional Coaching & Support: Personalized guidance and accountability to fit your lifestyle.

Supportive Partnership: Experience a collaborative approach that keeps you motivated and accountable.

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ESN Healthy Kitchen

Healthy Eating. Elevated. Effortless.

ESN Healthy Kitchen offers chef-crafted, nutritionally balanced, ready-to-eat meals that fuel results. At ESN Health, we know that exercise alone is not enough. True results require nutrition that matches your lifestyle. That's why we created ESN Healthy Kitchen offering fresh, ready-to-go meals that complete the synergy between fitness, nutrition, and supplementation.

Skip the Grocery Store. Skip the Meal Prep. Skip the Mess.

With ESN Healthy Kitchen, you order once & enjoy a week of perfectly portioned meals. ESN Healthy Kitchen makes eating well easy and convenient with fresh, ready-to-go meals for the whole family. Skip the hassle of shopping, cooking, and cleaning by picking up a week's worth of nutritious meals, or grab healthy school lunches your kids will actually enjoy. With a variety of options made to support growth, energy, and focus, you'll always be prepared—even if life throws you a curveball. Extra meals are available weekly at both locations for last-minute pickups.

Premium Ingredients with Zero Compromise.

We believe your body deserves the best, that's why our meals are crafted with organic, locally-sourced produce, hormone-and antibiotic-free meats, and no added preservatives. ESN Healthy Kitchen meals come in two sizes: Small with ~20–25g of protein and Medium with ~30–35g protein, while our Snacks have ~15–18g of protein. Every dish is sealed fresh in durable containers, clearly labeled with nutrition facts and an expiration date. All ESN Healthy Kitchen meals and snacks stay fresh for up to six-days when refrigerated (or two-weeks when frozen), making healthy eating always within reach.

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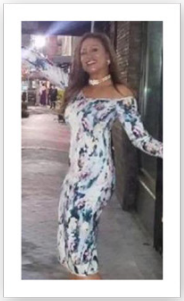
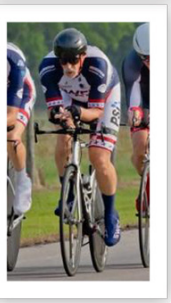
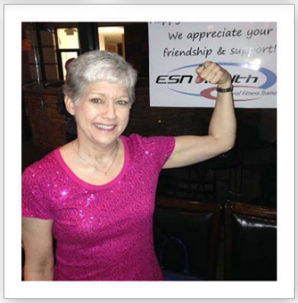
ESN Health Success Stories

Our clients' results speak louder than any promise we could make.

From dramatic weight loss and measurable inches shed, to reduced body fat percentages and lasting lifestyle changes. Each client's personal transformation showcases what's possible when trusted expertise and exceptional service meet partnership and unwavering support.



"Because of ESN Health, I am able to enjoy a healthy and active lifestyle while also staying consistent with my workout routines!"

– Claudia W.

"To anyone considering ESN Health…DO it—Make the commitment, you will not be sorry! It will change you!"

– Sheri H.

"Because of ESN Health, I was able to improve my speed in the 60 and gained speed in my pitches."

– Brice A.

"ESN Health helped me feel great! I get in, y'all help me get it done, and I get out. Granny's time is important!"

– Angell B.

"ESN Health made sure I was exercising correctly & tailored my workouts. I lost weight and developed muscle tone, without bulking up."

– Janet M.

"ESN Health's thorough, competent, and considered approach and individual client attention will make a difference for you."

- Pete E.

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Hours of Operation, Parking, and FAQs

Hours of Operation*

Monday – Friday: We schedule sessions with our first session being offered at 5AM – and our last session of the day being offered at 7:20 PM; however our hours with a manned desk are generally 8AM-8PM.

Saturday: We schedule sessions with our first session being offered at 6AM – and our last session of the day being offered at 4PM; however our hours with a manned desk are generally 8AM-2PM.

Closed on Sundays

** Private and Semi-Private Training by Appointment Only*

Holidays Observed

ESN Health is closed to the public on New Year's Day, Thanksgiving, and Christmas Day. In observance of the following holidays ESN Health will have reduced hours: Good Friday, Memorial Day, Fourth of July, Labor Day, Christmas Eve, Day after Thanksgiving, and New Year's Eve. We communicate all schedule changes related to the holidays above or other special events in advance, via e-mail, Facebook, and in-person.

Parking

Parking at ESN Health is easy and conveniently located in front of the facilities. If clients leave our facilities after dark or during poor weather conditions, one of the members of the team at ESN Health will offer you an escort. Additionally, when special events are hosted, we will reserve parking for our clients.

Frequently Asked Questions

At ESN Health, we pride ourselves on creating a non-intimidating environment for all our clients, and it starts by ensuring each new client feels welcomed. The following are questions frequently asked by new clients during their first few months.

What do I do when I arrive for a training session or class?
Just say 'Hello!'. Your ESN Health coach or member of the 'got your back' staff will be expecting you and will be there ready to greet you with a cold bottle of water, a fresh towel, and a smile upon your arrival. You are then more than welcome to start foam rolling and performing SMR before the workout begins with your ESN Health coach.

What should I expect on my first day as a client?
Each ESN Health client participates in a Personal Strategy Session, which establishes a baseline/starting point and helps us to determine your individualized and customized training plan. The Personal Strategy Session includes a Functional Movement Screen (FMS), baseline measurements, review of health history, and goal assessment. This gives us the information necessary to determine where you should start in your individualized program. This will, in turn, help you create a strong foundation and reduce your risk of injury. We will build you up and mobilize your joints while stabilizing your body and establishing a strong core in order to progress you correctly through the program. It is our goal while working with you to help you move better, feel better, perform better, and look better.

Can I get a deal of any type?
We pride ourselves on providing each client the same level of service and being fair with our pricing to everyone and therefore we do not make individual deals with clients.

How do I get started?
It's easy! Simply call, email, or come by ESN Health and any member of our team can help you get a strategy session and fitness assessment setup to go over your functional movement screen, discuss your health and fitness goals, and identify an offering that best aligns with you.

Do I need to bring anything with me?
Just wear comfortable clothing and closed toe shoes with socks and make sure you bring your commitment to your personal health and fitness goals and we'll provide the rest, i.e. water, towel, all equipment, positive attitude and a passion to guide our clients towards achieving their personal goals.

What is cancellation policy?
While we prefer for our clients to never miss a session, at ESN Health we understand 'life happens'. We kindly ask that you notify us at least 24 hours in advance if you are not able to attend a scheduled session. Any notifications with less than a 24 hour notice, and for which we cannot reschedule you for the same day of the original appointment, will result in the session missed being deducted from your total amount of sessions purchased and will be recorded as a 'Late Cancel'.

Do the sessions purchased ever expire?
All offerings purchased as a Personal Training package expire 12 months after a client purchases a package. We charge one session per month if a client doesn't come in during a one-month period from their last personal training appointment.

The expiration for all offerings purchased as part of the monthly pricing program is directly correlated to the type of 'per month' package purchased. However, with a monthly pricing program if you show up to train 1 time or less in the monthly period your next month is priced at the current price of 1 private personal training session to keep your monthly program active. Also we need one month's notice to completely cancel a monthly priced package all together.