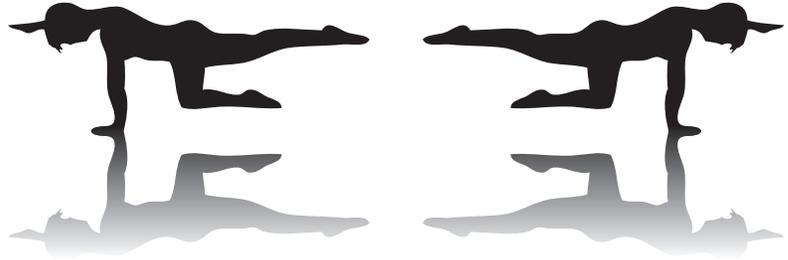


# THE MIX

Houston Parks and Recreation Department

## The Mix



Test your limits with intense interval training and get fit! Freed Community Center is offering an exercise class that will include a combination of aerobics and abs in one session.

The class is designed to help strengthen abs and core muscles.

<b>Location:</b>	Freed Community Center 6818 Shadyvilla Lane, 77055
<b>Time:</b>	5:30 p.m. - 6:30 p.m.
<b>Date:</b>	Mondays and Wednesdays
<b>Registration:</b>	Required
<b>Information:</b>	(713) 682-4467

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