

FIT FEST

Houston Parks and Recreation Department

Fit Fest



The purpose of this event is to encourage all ages of the Kingwood community to stay active, exercise regularly and maintain a healthy lifestyle.

Demonstrations will include:

- Zumba
- Pilates
- Mat Yoga
- Aerobics
- Line Dancing

Location:	Kingwood Community Center 4102 Rustic Woods, 77345
Time:	10:00 a.m. - 1:00 p.m.
Date:	Saturday, January 18, 2014
Information:	(281) 348-2570