

freed programs

Houston Parks and Recreation Department Freed Park Community Center Program & Activities

Make the most of your options at
Freed Park Community Center!

Location:	Freed Park Community Center 6818 Shadyvilla Ln, 77055	
Date:	September 2015 - January 2016	
Program:	Day:	Time:
<i>After School Enrichment</i>	Mon - Fri	3:00 p.m. - 6:00 p.m.
<i>Zumba</i>	Mon - Fri Saturdays	9:00 a.m. - 10:00 a.m. 10:30 a.m. - 11:30 a.m.
<i>Senior Exercise</i>	Mon - Wed	10:00 a.m. - 11:00 a.m.
<i>Silver Sneakers</i>	Mon & Wed	10:00 a.m. - 11:00 a.m.
<i>Mid-Day Workout</i>	Mon & Wed	1:30 p.m. - 2:30 p.m.
<i>Pickle Ball</i>	Mondays Fridays	1:00 p.m. - 3:00 p.m. 5:30 p.m. - 7:45 p.m.
<i>Beginner Line Dancing</i>	Tuesdays	11:00 a.m. - 12:30 p.m.
<i>Step Aerobics</i>	M, W, & Thu	5:30 p.m.- 6:30 p.m.
<i>FitCamp Workout</i>	Tues & Thu Saturday	6:30 p.m. - 7:30 p.m. 9:00 a.m. - 10:00 a.m.
<i>Volleyball</i>	Wednesday	1:00 p.m. - 3:00 p.m.
<i>Open Gym</i>	Mon - Wed	3:00 p.m. - 5:00 p.m.
<i>Open Gym</i>	Tues & Thurs	7:30 p.m. - 9:00 p.m.
<i>Adult Basketball</i>	Wednesday	6:30 p.m. - 9:00 p.m.
<i>Youth Karate</i>	Saturday	9:00 a.m. - 12:00 p.m.
<i>Chess Club</i>	Saturday	12:00 p.m. - 2:00 p.m.
<i>Open Gym</i>	Thursday	1:00 p.m. - 5:00 p.m.
<i>Open Gym</i>	Saturday	12:00 p.m. - 2:00 p.m.

Information: (832) 395-7611

