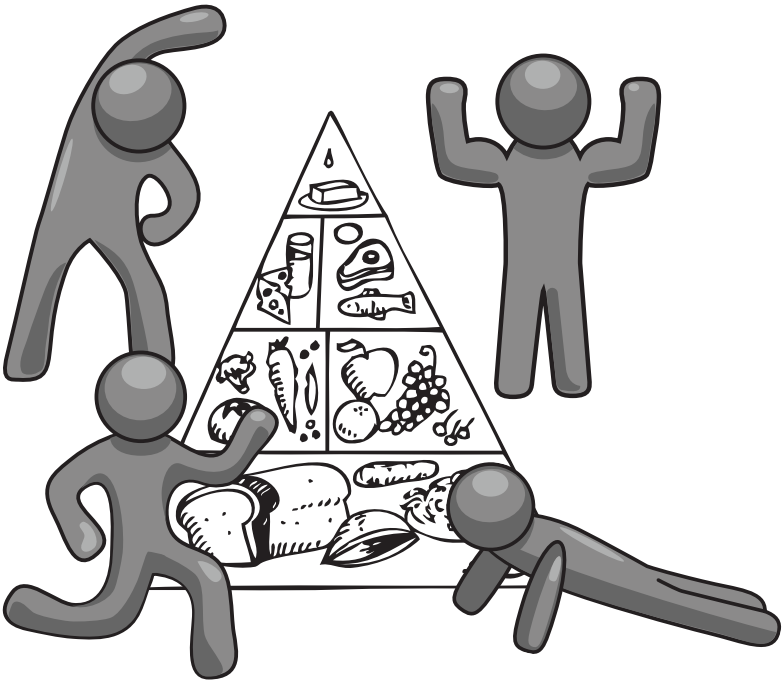
YOUTH FIT FEST

Houston Parks and Recreation Department

Youth Fit Fest



Come test your endurance, stamina and strength.
How many sit ups can you do in a minute?
How much water should you drink daily?
A great way to get fit and enjoy your neighborhood park.

Location:	Lakewood Park Community Center 8811 Feland, 77028
Ages:	6 - 13
Date:	Wednesday, March 4, 2015
Time:	5:00 p.m. - 7:00 p.m.
Information:	(713) 636-8217

G12-047.14

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