

FITNESS CLASSES

Houston Parks and Recreation Department

Fitness Classes



Get fit at Pumpkin Park
(River Oaks Community Center)
Join us for one class or for all!
All classes are free!

Location:	River Oaks Community Center 3600 Locke Lane, 77027
Time:	Varies by class. See below.
Beginner Fitness	Monday 6:00 p.m. - 7:00 p.m.
Tai-Chi	Tuesday 6:00 p.m. - 8:00 p.m.
Yoga	Wednesday 6:00 p.m. - 7:00 p.m.
Tai-Chi	Thursday 6:00 p.m. - 8:00 p.m.
Beginner Fitness	Friday 6:00 p.m. - 7:00 p.m.
Tai-Chi	Saturday 9:30 a.m. - 11:30 a.m.
Date:	February 16 - May 31, 2015
Information:	(713) 622-5998

G2-037.15

