Sunnyside Winter Programs

Houston Parks and Recreation Department

Sunnyside Community Center Winter Activity Schedule

The Houston Parks and Recreation Department offers many recreation options to choose from at the Sunnyside Community Center.

Regularly scheduled programs are available for people of all ages.

SENIORS

Line Dance	Monday	9:00 a.m. - 10:30 a.m.
Quilting (basic)	Monday	10:00 a.m. - 2:00 p.m.
Walking Club	Tues - Thurs	9:30 a.m. - 10:00 a.m.
Silver Sneakers	Tues - Thurs	10:00 a.m. - 11:00 a.m.
Chair Volleyball	Wednesday	10:00 a.m. - 11:00 a.m.
Senior Crafts	Wednesday	11:00 a.m. - 12:00 p.m.

YOUTH PROGRAM

After School Program	Mon - Fri	3:00 p.m. - 6:00 p.m.
Teen Volunteer Program	Mon - Fri	3:00 p.m. - 6:00 p.m.

Register Online at www.houstonparks.org

ADULT FITNESS

Step Aerobics	Mon - Fri	5:30 p.m. - 6:30 p.m.
Cardio Room	Mon - Fri	1 - 3 p.m / 6 - 8:30 p.m
Adult Boot Camp	Tues & Thurs	6:45 p.m. - 7:45 p.m.
Cardio Room	Saturday	10:00 a.m. - 2:00 p.m.
Group Fitness	Saturday	10:00 a.m. - 11:00 a.m. (2nd/4th Saturday of the month)

GYM PROGRAMS

Adult Free Play	Monday	6:30 p.m. - 8:30 p.m.
Teen Free Play	Tuesday	6:30 p.m. - 8:30 p.m.
Solid Gold Soul 35+	Wednesday	6:30 p.m. - 8:30 p.m.
Teen Free Play	Friday	6:30 p.m. - 8:30 p.m.
Family Free Play	Saturday	10:00 a.m. - 2:00 p.m.

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Commission for Accreditation of Park and Recreation Agencies CAPRA ACCREDITED

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