

EXERCISE PROGRAMS

Houston Parks and Recreation Department

Exercise Class Programs

Location: Woodland Park Community Center
212 Parkview, 77009

Time

Aerobic Circuit

Date/Time

Mondays and Fridays
9:00 a.m. - 10:00 a.m.
Combination of step aerobics, cycling, muscle toning, and cardio exercises.

Zumba

Tuesdays and Thursdays
9:00 a.m. - 10:00 a.m.
Easy-to-follow, Latin-inspired, calorie-burning dance fitness.

Youth Sports Fitness

Mondays and Wednesdays
5:00 p.m. - 6:30 p.m.
Drills and exercise techniques to enhance athleticism and agility to improve sports play.

Weight Lifting

Tuesdays and Thursdays
7:00 p.m. - 8:00 p.m.
Train different muscle groups to strengthen and build muscle.

Information:

(713) 867-0401

Participants are required to complete a registration/waiver form.
Check with Community Center staff to sign up.

G9-022.15

