

Sunnyside Fall Programs

Houston Parks and Recreation Department Sunnyside Community Center Fall 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.
Cardio Room	Saturday	10:00 a.m. - 2:00 p.m.
Group Fitness	Saturday	9:00 a.m. - 10:00 a.m.

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.
40 Plus Elite	Thursday	6:30 p.m. - 9:00 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.

