

# Aerobic Exercise Combo

Houston Parks and Recreation Department

## Aerobic Exercise Combo



Come start your 2015 off new with Aerobic Exercise Combo, which includes: step aerobics, body strength training and cardio.

<b>Location:</b>	Woodland Community Center 212 Parkview, 77009
<b>Registration:</b>	Required
<b>Time:</b>	Wednesdays, 9:00 a.m. - 10:00 a.m. Fridays, 11:30 a.m. - 12:30 p.m.
<b>Date:</b>	Beginning January 7, 2015
<b>Information:</b>	(713) 867-0401 or email rodric.ferguson@houstontx.gov

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