

SilverSneakers

Houston Parks and Recreation Department

SilverSneakers Classic Exercise Classes



Freed Community Center is now offering SilverSneakers Classic exercise classes.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. Contact your health provider to see if they offer this program.

Location:

Freed Community Center
6818 ShadyVilla Lane, 77055

Time:

Mondays and Wednesdays
10:00 a.m. - 11:00 a.m.

**Information
and Registration:**

Register today or call for more
information, (713) 682-4467

