

EXTRA FITNESS

Houston Parks and Recreation Department

Shady Lane Extra Fitness



It's time to get back into fitness!
Join your friends at Shady Lane Park Community Center
for Strength Training! Workout on Cardio Equipment
and Free Weights!
Achieve your fitness goal at Shady Lane!

Location:	Shady Lane Park Community Center 10220 Shady Lane, 77093
Time:	10:30 a.m. – 12:00 noon
Date:	Monday to Wednesday and Friday
Information:	(713) 742-1503

G-0398.14

