

Step Aerobics for Adults

Houston Parks and Recreation Department

Step Aerobics for Adults



Keep those unwanted pounds off with your friends and neighbors at Townwood! Join us Mondays, Tuesdays, and Thursdays for Adult Step Aerobics!

It's fun and stimulating and a good way to keep your body active and in shape!

Location: Townwood Park Community Center
3403 Simsbrook, 77045

Time: 6:00 p.m. -6:55 p.m.

Date: Every Monday, Tuesday,
and Thursday

Information: (713) 434-3508

G4-0789.14

