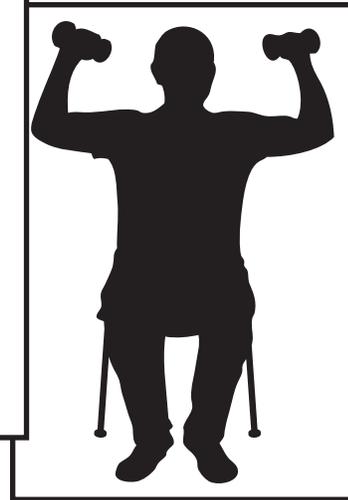
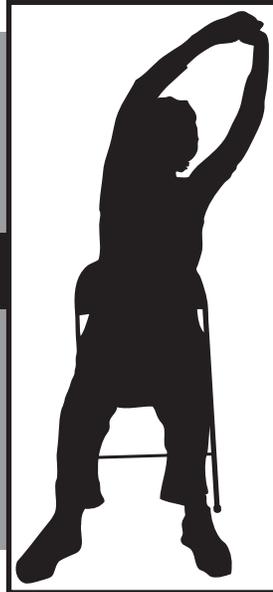


Senior Stretch & Chair Fitness

Houston Parks and Recreation Department

Senior Stretch & Chair Fitness



Attention, Seniors:

Keep your muscles in tone with the Stretch and Chair Fitness class at Townwood Park Community Center! Join us Mondays and Wednesdays for fun and fitness!

Location:	Townwood Park Community Center 3403 Simsbrook, 77045
Time:	9:30 a.m. – 10:15 a.m.
Date:	Every Monday and Wednesday
Information:	(713) 434-3508

G4-077.14

