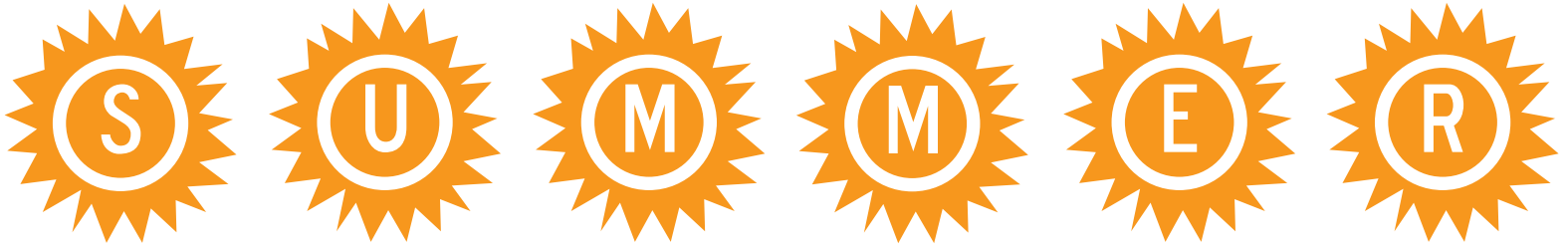


MISSOURI CITY PARKS & REC



FITNESS SERIES

MONDAY

7:30 - 8:30 am

PIYO

7:00 - 8:00 pm

YOGA

WEDNESDAY

7:30 - 8:30 am

YOGA

7:00 - 8:00 pm

PIYO

FRIDAY

7:30 - 8:30am

BOOT CAMP

June 12 - August 10

Join us for **FREE** fitness classes at

Community Park Pavilion 4! (1700 Glenn Lakes Lane)

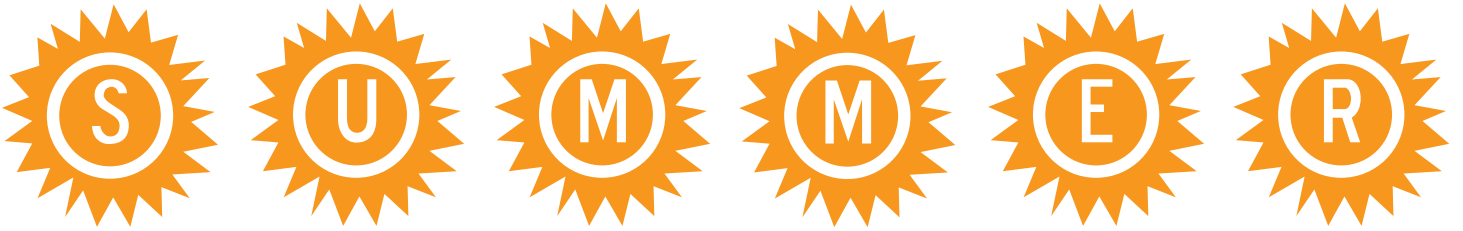


281.403.8637

www.mctxparks.com

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FITNESS SERIES CLASSES

PIYO

PiYo is a blend of Pilates and Yoga. Pilates strengthens and tones the body, while Yoga promotes mindfulness and relaxation. PiYo provides a total mind-body workout for all fitness levels. Limited mats are available for those who don't have their own.

YOGA

Yoga is a physical, mental, and spiritual practice which originated in India. All levels of experience are welcome to attend this session and release stress. Limited mats are available for those who don't have their own.

BOOT CAMP

This morning boot camp will have you feeling the burn! Build strength and fitness through a variety of group intervals. The majority of the workout will be body weight exercises and all fitness levels are welcome.



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