



STRONG & FIT

with Yaffa

A total body workout that will increase muscle strength and endurance by using light weights and more repetitions.

goals



Mondays 5:30-6:30 p.m.
Tuesdays 8:30-9:30 a.m.
Wednesdays 4-5 p.m. & 5:30-6:30 p.m.
Thursdays 8:30-9:30 a.m.

\$15/month for 2 classes/month
\$25/month for 4 classes/month
\$33/month for 6 classes/month
\$45/month for 8 classes/month
\$50/month for Unlimited classes
*Facility usage card required.

*Imperial Park Recreation Center
234 Matlage Way*

www.SugarLandTX.gov/ParksRegister



Parks & Recreation