

# PERSONAL

USING DUMBBELLS AND BODY WEIGHT EXERCISES, KEN OFFERS A 30 MINUTE STRENGTH WORKOUT TO COMPLIMENT YOUR HEALTH AND WELLNESS LIFESTYLE. CLASSES ARE SUITABLE FOR ANYONE 18-88YRS.

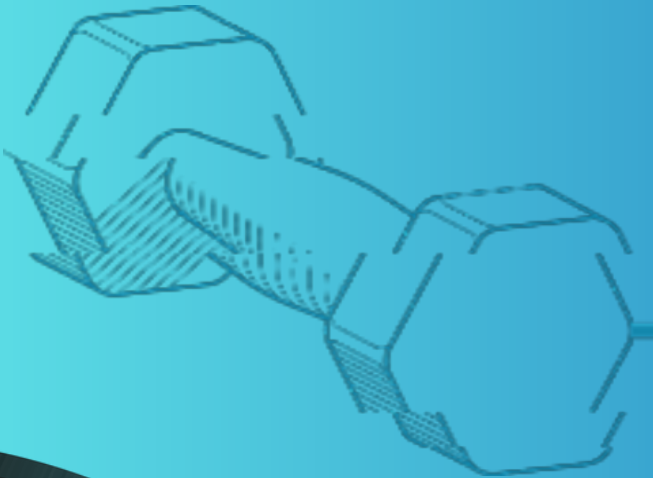
# POWER

*with Ken*

**MONDAYS**  
**9:15-9:45 A.M.**

**WEDNESDAYS**  
**11:15-11:45 A.M.**

**SATURDAYS**  
**8:15-8:45 A.M.**



**2 CLASSES/MONTH - \$10**  
**4 CLASSES/MONTH - \$15**  
**6 CLASSES/MONTH - \$20**  
**8 CLASSES/MONTH - \$25**  
**UNLIMITED CLASSES - \$30**

**\*MUST BRING PERSONAL MAT**

**IMPERIAL PARK RECREATION CENTER**  
**234 MATLAGE WAY, 77478**

**TO REGISTER, VISIT**  
**[WWW.SUGARLANDTX.GOV/PARKSREGISTER](http://WWW.SUGARLANDTX.GOV/PARKSREGISTER)**

