

STRONG & FIT

with Yaffa



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

goals



Mondays 4-5 p.m. & 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.

\$8/month for 1 class/month (drop-in)

\$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