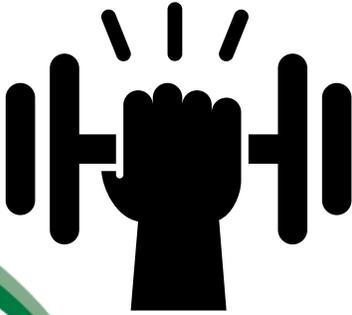


FUNCTIONAL STABILITY AND Strength Training

with N.A.S.M. Certified Personal Trainer

FRANK ARRIOLA

A small group exercise class to help physically active adults with functional movement, resistance, balance, cardio and core training.



Parks & Recreation

www.sugarlandtx.gov/ParksRegister

Ages 18+

Tuesdays & Thursdays

11:30 a.m.-12:30 p.m.

**\$9/1 class per month
\$17/2 classes per month
\$32/4 classes per month
\$45/6 classes per month
\$56/Unlimited per month**

**Imperial Park
Recreation Center,
234 Matlage Way,
Sugar Land 77478**



**G
R
O
U
P

F
I
T
N
E
S
S**

***facility usage card required**