



PERSONAL TRAINING



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

Ready to move better, feel stronger, and improve your everyday performance? Join Frank Arriola for a personalized 1-hour training session! Ages 18+

In this one-on-one session, Frank will guide you through exercises designed to:

- ▶ Increase flexibility
- ▶ Enhance total-body control
- ▶ Improve joint mobility
- ▶ Build core strength and endurance
- ▶ Incorporate balance training to boost coordination



SELECT TIMES ON TUE., WED., THURS.



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



COSTS: \$50/SESSION*

***FACILITY USAGE CARD REQUIRED
\$50/RESIDENTS; \$191/NON-RESIDENTS**



To register and view available sessions, visit www.sugarlandtx.gov/ParksRegister

