

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 18-78YRS.

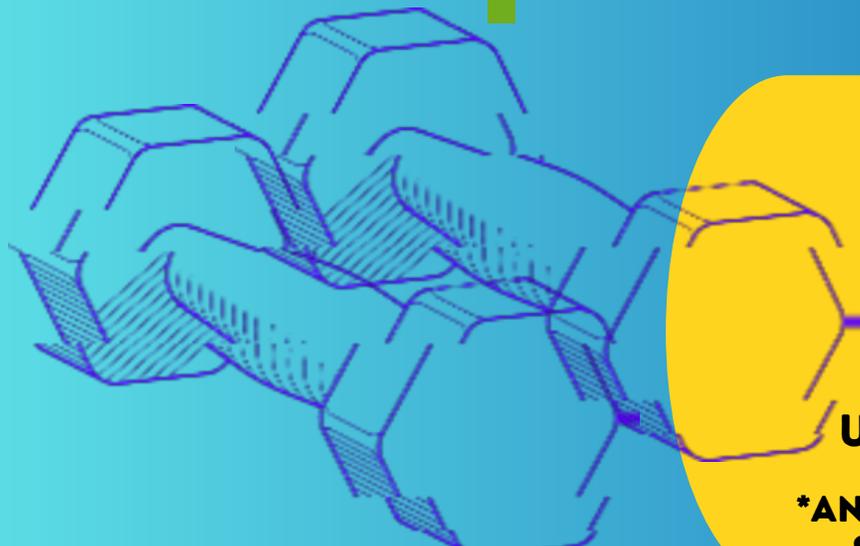
POWER

with Ken

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

WEDNESDAYS
9:45-10:15 A.M.

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



DROP-IN \$7

2 CLASSES/MONTH \$10

4 CLASSES/MONTH \$15

6 CLASSES/MONTH \$20

8 CLASSES/MONTH \$25

UNLIMITED CLASSES/MONTH \$30

***ANNUAL FACILITY MEMBERSHIP REQUIRED
\$50/RESIDENTS \$191/NON-RESIDENTS**



***MUST BRING PERSONAL MAT**

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

TO REGISTER, VISIT

WWW.SUGARLANDTX.GOV/PARKSREGISTER

