

# Leisure Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*call for specific dates for:</b></p> <p><b>Camps*</b></p> <p><b>Special Events*</b></p> <p><b>Soccer Shots*</b></p> <p>Classes at IPRC require purchase of annual facility usage card (\$50/Residents &amp; \$191/Non- Residents)</p> <p>For up-to-date class registration, visit <a href="http://www.sugarlandtx.gov/ParksRegister">www.sugarlandtx.gov/ParksRegister</a> or scan QR code below:</p> 	<p><b>Personal Power</b> with Ken 9:15 a.m.</p> <p><b>Yoga</b> with Ken 10 a.m.</p> <p><b>Strong and Fit</b> with Yaffa 4 p.m. 5:30 p.m.</p> <p><b>Tennis</b> with Fort Bend Tennis 5:30 p.m. (9-16 yr) 6:30 p.m. (6-14 yr)</p> <p><b>Zumba</b> with Keyla 6:30 p.m.</p> <p><b>Zumba</b> with Kati 6:45 p.m.</p>	<p><b>Strong and Fit</b> with Yaffa 8:30 a.m.</p> <p><b>Tennis</b> with Fort Bend Tennis 8 a.m. (16+ yr) 9 a.m. (7-14 yr) 10 a.m. (10-15 yr)</p> <p><b>Functional Stability &amp; Strength Training</b> with Frank 11:30 a.m.</p> <p><b>Youth Tae Kwon Do</b> with Master Jenny 5 p.m. 6 p.m.</p> <p><b>Yoga</b> with Ken 5:45 p.m.</p> <p><b>Tennis</b> with Fort Bend Tennis 5 p.m. (7-14 yr) 6 p.m. (10-16 yr) 7:30 p.m. (16+ yr)</p> <p><b>Personal Training</b> with Frank (Select times)</p>	<p><b>Personal Power</b> with Ken 9:45 a.m.</p> <p><b>Yoga</b> with Ken 10:30 a.m.</p> <p><b>Strong and Fit</b> with Yaffa 4 p.m. 5:30 p.m.</p> <p><b>Tai Chi</b> with Hung 5:00 p.m.</p> <p><b>Tennis</b> with Fort Bend Tennis 5:30 p.m. (9-16 yr) 6:30 p.m. (6-14 yr) 7:30 p.m. (16+ yr)</p> <p><b>Yoga</b> with Liz 6:30 p.m.</p> <p><b>Zumba</b> with Kati 6:45 p.m.</p> <p><b>Personal Training</b> with Frank (Select times)</p> <p><b>Soccer Shots</b> (Highlands Park)</p>	<p><b>Strong and Fit</b> with Yaffa 8:30 a.m.</p> <p><b>Tennis</b> with Fort Bend Tennis 8 a.m. (16+ yr) 9 a.m. (7-14 yr) 10 a.m. (10-15 yr)</p> <p><b>Let's Groove</b> with Terri 10 a.m.</p> <p><b>Functional Stability &amp; Strength Training</b> with Frank 11:30 a.m.</p> <p><b>Youth Tae Kwon Do</b> with Master Jenny 5 p.m. 6 p.m.</p> <p><b>Yoga</b> with Ken 5:45 p.m.</p> <p><b>Zumba</b> with Keyla 6:30 p.m.</p> <p><b>Yoga</b> with Liz 6:30 p.m.</p> <p><b>Tennis</b> with Fort Bend Tennis 5 p.m. (7-14 yr) 6 p.m. (10-16 yr) 7:30 p.m. (16+ yr)</p> <p><b>Personal Training</b> with Frank (Select times)</p>	<p><b>The Wild School</b> (Cullinan Park) 9-10:15 a.m. (1 ½ - 5 year olds)</p> <p><b>Strong &amp; Fit</b> with Yaffa 10 a.m.</p> <p><b>Zumba</b> with Kati 6 p.m.</p> <p><b>Soccer Shots</b> (Highlands Park)</p>	<p><b>Tai Chi</b> with USA Tai Chi Academy 8 a.m.</p> <p><b>Tai Chi</b> with Hung 8 a.m.</p> <p><b>Tennis</b> with Fort Bend Tennis 8 a.m. (18+ yr) 8:30 a.m. (10-15 yr) 10 a.m. (7-14 yr) 11:30 a.m. (12-16 yr)</p> <p><b>Personal Power</b> with Ken 8:15 a.m.</p> <p><b>Zumba</b> with Keyla 9 a.m.</p> <p><b>Yoga</b> with Ken 9 a.m.</p> <p><b>Simply Yoga</b> with Soraya &amp; Estrella 11 a.m. (Beginning March 2026)</p> <p><b>Judo</b> with Hoi Yoi 2:30 p.m.</p> <p><b>Soccer Shots</b> (Highlands Park)</p>

IPRC

First Colony Community Center

City Park

T.E. Harman Center

Eldridge Park

Memorial Park

IPRC Senior Only

Lost Creek/Oyster Creek