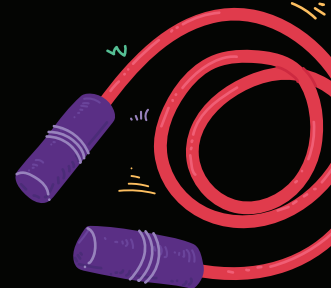


HEALTHIER HOU

February 2024

FREE!



Acres Home MSC Fitness Classes and Class Descriptions

All fitness classes will be an hour in duration and designed to promote improved strength, endurance, flexibility, balance, and cardio conditioning for all age groups and fitness levels. Participants will be encouraged to attend classes a minimum of twice weekly for best results. All classes to be conducted at Acres Homes MSC.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Walking Club – 9:00 am Instructor: Varies	2 Keep Hou Moving – 9:30 am Instructor: Winston Bowie	3
4	5	6 Walking Club – 9:00 am Instructor: Varies	7 Keep Hou Moving – 9:30 am Instructor: Winston Bowie	8 Walking Club – 9:00 am Instructor: Varies	9 Keep Hou Moving – 9:30 am Instructor: Winston Bowie	10
11	12	13 Walking Club – 9:00 am Instructor: Varies	14 Keep Hou Moving – 9:30 am Instructor: Winston Bowie	15 Walking Club – 9:00 am Instructor: Varies	16 Keep Hou Moving – 9:30 am Instructor: Winston Bowie	17
18	19	20 Walking Club – 9:00 am Instructor: Varies Keep Hou Moving – 10:00 am Instructor: London Gulyard	21 Keep Hou Moving – 9:30 am Instructor: Winston Bowie	22 Walking Club – 9:00 am Instructor: Varies Keep Hou Moving – 10:00 am Instructor: London Gulyard	23 Keep Hou Moving – 9:30 am Instructor: Winston Bowie	24
25	26	27 Walking Club – 9:00 am Instructor: Varies	28 Keep Hou Moving – 9:30 am Instructor: Winston Bowie	29 Walking Club – 9:00 am Instructor: Varies	1	2

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