



FBISD
LiveWell
for a healthy life!

SPRING

FBISD FITNESS CLASSES



Aquatic Fitness Class
Aquatic Practice Facility
Monday at 5:00 pm

16701 Bissonnet St.
Houston TX, 77083



Aquatic Fitness Class
Don Cook Natatorium
Thursday at 5:00 pm

16255 Lexington Blvd,
Sugar Land TX, 77479



Aquatic Open Swim
Monday/ Thursday at 5:00 -
8:00 pm

Monday nights at Aquatic Practice
Thursday nights at Don Cook



Line Dancing Class
FBISD Board Room
Thursday at 5:15 pm

16431 Lexington Blvd.
Sugar Land TX, 77479



Line Dancing On Demand
on your campus

email: wellness@fortbendisd.gov
to schedule



Yoga On Demand
on your campus

email: wellness@fortbendisd.gov
to schedule

Start Today!

FREE FOR ALL FBISD EMPLOYEES
NO REGISTRATION REQUIRED