

SUMMER FITNESS

EXCLUSIVELY FOR FBISD EMPLOYEES

CLASSES BEGIN JUNE 8

THURSDAY

Aquatic Practice Facility
16701 Bissonnet St. Houston, TX 77083



AQUA FITNESS 5:30 P.M. to 6:30 P.M.



OPEN SWIM 5:00 P.M. to 8:00 P.M.

FRIDAY

Don Cook Natatorium
16255 Lexington Blvd. Sugar Land, TX 77479



AQUA FITNESS 8:00 A.M. to 9:00 A.M.



OPEN SWIM 7:00 A.M. to 10:00 A.M.



YOGA
ON DEMAND

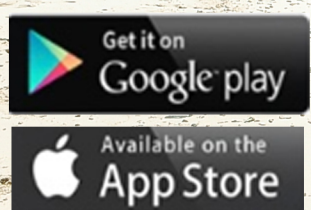


Yoga classes are available upon request. A minimum of 10 participants required and one week advance notice from requested date. Please send all request to wellness@fortbendisd.com

Be sure to download and use the LiveWell app to participate in these classes!



FBISD LiveWell App



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