

SPRING FITNESS

EXCLUSIVELY FOR FBISD EMPLOYEES

ALL CLASSES ARE VIRTUAL WITH THE EXCEPTION OF THE AQUATIC FITNESS CLASS.

MONDAY

5:30 P.M.	YOGA	VIRTUAL ZOOM LINK
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TUESDAY

5:30 P.M.	ZUMBA	VIRTUAL ZOOM LINK
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WEDNESDAY

5:30 P.M.	AQUA FITNESS	AQUATIC PRACTICE FACILITY 16701 BISSONNET STREET HOUSTON, TX 77083
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6:30 P.M.	KICKBOXING	VIRTUAL ZOOM LINK
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THURSDAY

5:30 P.M.	CARDIO STRENGTH	VIRTUAL ZOOM LINK
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Questions? Contact wellness@fortbendisd.com
Access the Fitness Schedule on your phone!
Download the **FBISD LiveWell** App!

Scan to join a class

