

MS Fit & Friends

Houston Parks and Recreation Department

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MS Fit & Friends is a great way to get in shape, stay in shape, and meet those New Year resolutions! This exercise and fitness class is geared toward individuals living with Multiple Sclerosis, but is open to any registered participant of the MMSC.

Nick Purcell (certified strength and conditioning specialist, CSCS) and Kelsey Raabe (both current physical therapy students at Texas Women's University) along with Lindsay Purcell will lead the class in Activity Room 1.

Location:	Metropolitan Multi-Service Center Activity Room 1 1475 W. Gray, 77019
Time:	6:00 – 7:00 p.m.
Date:	Third Wednesday of the month
Information:	(832) 395-7333