

Moody Park Spring Activities

Houston Parks and Recreation Department
Moody Park
Community Center Activities
Spring Schedule



Fun for the whole family at Moody Park Community Center!
From kids to seniors, we have something for you!

Check with community center staff about possible fees.

Look on back for activity schedule!

Location:	Moody Park Community Center 3725 Fulton, 77009
Program Dates:	March - May, 2015
Registration:	Required, please see staff
Information:	(713) 692-6925

G3-023.15



FITNESS PROGRAMS

Aerobics Class	Mon-Thu	8:30 AM - 9:30 AM
Toning Class	Mon	6:00 PM - 7:00 PM
Zumba Class	Sat Mon Tue-Thu	9:00 AM - 10:00 AM 7:00 PM - 8:00 PM 6:30 PM - 7:30 PM
Texercise (Seniors 50+)	Tue-Thu	11:00 AM - 1:30 PM
Silver Sneakers (Seniors 50+)	See staff for details!	

WEIGHT ROOM SCHEDULE

Ladies Only Session	Mon-Thu	9:30 AM - 11:00 AM
55+ Session	Mon-Fri	11:00 AM - 1:00 PM
Day Time Open Session	Sat Mon-Thu	10:00 AM - 2:00 PM 1:00 PM - 4:00 PM
Teen Session (14-17 y/o)	Mon-Fri	4:00 PM - 5:30 PM
Evening Open Session	Mon-Fri	5:30 PM - 9:00 PM 8:00 PM (Fri)

BASKETBALL & VOLLEYBALL

Open Basketball	Sat Mon - Fri	10:00 AM - 2:00 PM 1:00 PM - 4:00 PM
Teen After School Basketball	Mon - Fri	4:00 PM - 6:00 PM
Evening Open Basketball	Mon Wed & Thu Fri	8:00 PM - 9:00 PM 7:30 PM - 9:00 PM 6:00 PM - 8:00 PM
Open Volleyball	Tue	6:00 PM - 9:00 PM

LEISURE PROGRAMS

Aztec Dance	Mon & Wed	7:00 PM - 8:30 PM
Youth Cheerleading	Thu	5:00 PM - 8:30 PM
Youth Self Defense	Fri	5:00 PM - 8:00 PM

AFTER SCHOOL ENRICHMENT

Youth Ages 6-13	Mon - Fri	3:00 PM - 6:00 PM
Registration required @ https://activenet011.active.com/houstonparks		
Teens Ages 14-17	Mon - Fri	3:00 PM - 8:00 PM
Volunteering & Program Opportunities		