Stand Up Paddle Boarding

Introduction to Stand up Paddle Boarding (SUP)

Learn the basic skills to Stand up Paddle Boarding. Great family fun and exercise!
When: Every Friday from March 1 – May 31 (Except Friday, March 29)
Time: 9:30 – 10:45 a.m. Age: 6 and older
Fee: $50/week *#9320*

Stand Up Paddle Board VIP Private/Semi-Private Lessons

Personalized VIP beginner to advanced SUP lessons by our pro instructors!
Call 888-499-8118 or e-mail info@pangasurf.com to book your date and time!
Must book 24 hours in advance. *#9370*
Fee: $70/person, $120/couple
Weekends available!

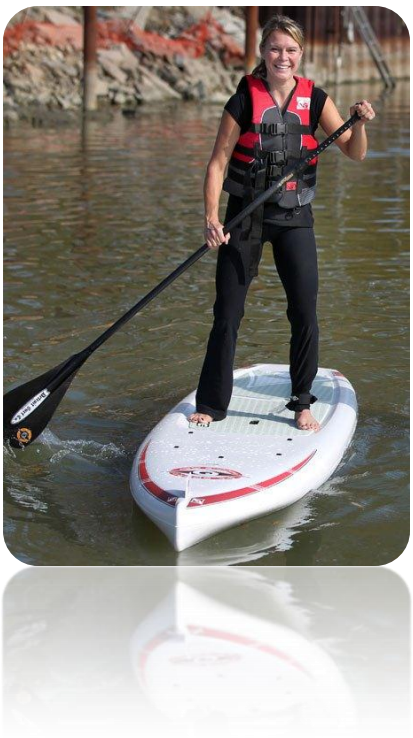
Paddle Boarding Group Outings!

Bring your friends, celebrate a birthday or host a corporate outing and let our pros teach you and your group how to stand up paddle board.
Call 888-499-8118 or email info@pangasurf.com to book your date and time!
Must book 24 hours in advance. *#9375*
Fee: $30/person (5 person minimum)

REGISTER NOW!
The Woodlands Township Recreation Center
5310 Research Forest Drive, The Woodlands, Texas 77381
281-210-3950 • www.thewoodlandstownship-tx.gov

THE WOODLANDS TOWNSHIP

Stand Up Fitness Paddle Boarding



Fitness I: #9390

Want to get fit and get the best abs?! Intense training for 1 hour and 15 minutes! Cardio, weights and stand up paddling all in one!
When: Every Thursday from March 1 – May 31
Time: 10 - 11:15 a.m.
Fee: $120/month,
Drop-In $40/day

Training I: #9330

Learn to stand up paddle faster and better, and get into competition shape! Learn all the professional techniques to get your paddling to the next level.
When: Every Monday from March 1 - May 31 (Except March 30)
Time: 9 - 10a.m.
Fee: $120/month, Drop-In $40/day

Training II: #9335

Get your fitness to the next level! One-on-one mentoring for competition. Tips on nutrition to become a lean stand up paddling machine!
When: Every Saturday from March 1 – May 31
Time: 10 - 11:15a.m.
Fee: $125/month, Drop-In $40/day

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