



NEWS RELEASE

For media inquiries, contact: Nick Wolda
nwolda@thewoodlandstownship-tx.gov

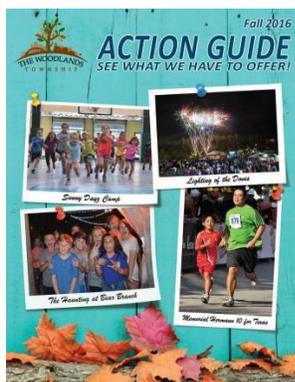
Township Parks and Recreation Department offers adult programs this fall

THE WOODLANDS, TEXAS (September 1, 2016) – In addition to the many youth programs offered this fall, The Woodlands Township Recreation Center has plenty to offer for adults as well, including water aerobics, beginner running courses, dance instruction, tennis drills, paddle boarding, adult sports leagues, fitness instruction and more.

Some of the new class offerings this fall include stand-up paddle boarding classes, a men’s Monday night basketball league hosted by RTE Sports, Total Body Fitness that combines weights and cardio at Harpers Landing Park, and Another Mother Running which teaches solid body mechanics, proper technique to develop running speed and endurance taught by longtime resident and coach Dan Green.

To find the perfect fit for your interests and schedule, get online and take a look at the fall edition of the *Action Guide* at www.thewoodlandstownship-tx.gov/actionguide. The print version of the fall *Action Guide* will also be a pull-out section of the September 2016 issue of *The Woodlands Community Magazine*, mailed to all homes in The Woodlands.

For those unfamiliar with the registration process for these programs, The Woodlands Township Recreation Center staff is happy to help. Whether it’s setting up online accounts, assisting with registration or just answering questions, please feel free to call 281-210-3950, email recreation@thewoodlandstownship-tx.gov, or stop by the Recreation Center at 5310 Research Forest Drive, The Woodlands, Texas 77381.



A variety of programs are offered for adults this fall through The Woodlands Township Parks and Recreation Department, and more information on these programs can be found in the fall edition of the Action Guide, available online and in the September issue of The Woodlands Community Magazine.