



THE CHURCH AT WOODFOREST WEEKLY PROGRAMMING

For a complete schedule and registration information,
 visit twmc.org/recreation

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	FTM Fitness* Parking Lot	FTM Fitness* Parking Lot	FTM Fitness* Parking Lot	FTM Fitness* Parking Lot	FTM Fitness* Parking Lot		
8:00 a.m.	Pickleball Woodforest Gym				Pickleball Woodforest Gym		
8:30 a.m.		Fit for Life Woodforest Gym	Fit for Life Woodforest Gym	Fit for Life Woodforest Gym			
9:30 a.m.				CORE* Woodforest Gym			
12:30 p.m.	Chair Volleyball Woodforest Gym		Chair Volleyball Woodforest Gym				
5:30 p.m.	Adult Basketball Woodforest Gym						

* Class has fee associated. Please contact instructor for more information or visit twmc.org/fitness

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700 Fish Creek Thoroughfare | Montgomery, Texas 77316
 281.822.8182 | recreationministry@twmc.org | twmc.org/recreation