

# MARY JO PECKHAM FITNESS CENTER

## LOBBY HOURS

Monday – Friday: 7 a.m. – 7 p.m.

Saturday: 8 a.m. – 5:30 p.m.

Sunday: 10 a.m. – 5:30 p.m.

## LOCKER CLOSING TIMES

Monday – Thursday: 7 p.m.

Friday: 1 p.m. – 4 p.m. and 7 p.m.

Saturday – Sunday: 4:30 p.m.

Pavilion Reservations: [hcp4.net/parks](http://hcp4.net/parks)

MJP Aquatic & Fitness Center:

[hcp4.net/peckham](http://hcp4.net/peckham)

## FITNESS CENTER INFORMATION

All participants must complete a registration and release form and show proof of address and age before using the fitness area. Children under 18 must have a parent or legal guardian's signature on the registration form.

Harris County residents and those who live within the city limits of Katy take precedence when signing in to classes. Those who are non-Harris County or City of Katy residents must wait to sign in until five minutes before classes begin if space is available.

A minimum of four participants must be present for any class to proceed. Participants must bring their own mats.

Locks are not provided for the lockers. Visitors may bring their own locks. Any lock not removed by the close of each business day may be cut and removed. Harris County is not responsible for lost or stolen articles or items left by the end of each day. Photos or video must be cleared at the front desk.

## Zumba® Fitness

A certified instructor combines Latin and international music with a fun, calorie-torching, strength-training, and effective dance workout that is great for the body and mind. Aerobic attire is recommended. Ages 12 and older.

## Cardio Interval Training

This total body, heart pumping, aerobic, strength-conditioning, and interval-based class combines full-body strength training with low-impact cardio bursts designed to tone the body and improve endurance. Ages 12 and older. Exercise Mat required.

## Yoga

These classes teach yoga postures that exercise every part of the body, stretching and toning muscles, joints, spine, and the skeletal system, reducing physical and mental tension, leaving participants feeling calm and refreshed. Ages 12 and older.

## Total Body Reset

This program provides low-impact exercise, perfect to build strength, improve flexibility, and stay active without the impact of intense movements. Ages 12 and older.

## Miniature Golf

Monday – Friday: 7 a.m. – 6 p.m.

Saturday: 8 a.m. – 4:30 p.m.

Sunday: 10 a.m. – 4:30 p.m.

The miniature golf course is open to the public. Clubs and balls are available in the front lobby. Players must check in with staff at the front desk. Children under the age of 12 must be accompanied by an adult.



## Pilates

This class improves flexibility, builds strength, and develops control and endurance, with an emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Ages 12 and older.

## Fitness Machines

Visitors must be 16 or older to use the fitness equipment or be in the fitness room unless attending a class. Participants must use a full-sized towel to protect the machines and themselves. Participants must wear athletic shoes. Fitness machines are closed 15 minutes prior to class times.

## SPECIAL EVENTS: AMERICAN RED CROSS CPR/FIRST AID/AED CLASS

SEPTEMBER 16

1 – 5 P.M.

**SIGN-UP FOR HARRIS COUNTY  
RESIDENTS WILL START AUG. 1.  
SIGN-UP FOR NON-HARRIS COUNTY  
RESIDENTS WILL START AUG. 2.  
CHECK OR MONEY ORDER ONLY**

**\$35**

**MADE OUT TO: AMERICAN RED CROSS**

**THE FITNESS ROOM WILL BE  
CLOSED DURING THIS TIME.**



[peckhamafc@hcp4.net](mailto:peckhamafc@hcp4.net) • 832-927-8890  
[hcp4.net/peckham](http://hcp4.net/peckham) • 5597 Gardenia Lane, Katy

# MARY JO PECKHAM FITNESS CENTER



## August 2022

*CPR/First AID/ AED  
Sign-ups start for  
September Class*

Call for  
Availability:  
832-927-8890



Times may vary in the event of holidays and facility closures.

WEEKLY SCHEDULE	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>Fitness Machines</b>	7 a.m. – 10:30 a.m. 11:45 a.m. – 4:45 p.m. 6:05 p.m. – 7 p.m.	7 a.m. – 9:15 a.m. 12:05 p.m. – 7 p.m.	7 a.m. – 10:30 a.m. 11:45 a.m. – 4:45 p.m. 6:05 p.m. – 7 p.m.	7 a.m. – 9:15 a.m. 12:05 p.m. – 4:45 p.m. 6:05 p.m. – 7 p.m.	7 a.m. – 10:30 a.m. 11:45 a.m. – 7 p.m.	9:30 a.m. – 5 p.m.	10 a.m. – 5 p.m.
<b>Miniature Golf</b>	7 a.m. – 6 p.m.	7 a.m. – 6 p.m.	7 a.m. – 6 p.m.	7 a.m. – 6 p.m.	7 a.m. – 6 p.m.	8 a.m. – 4:30 p.m.	10 a.m. – 4:30 p.m.
<b>Zumba® Fitness</b>		11 a.m. – noon		5 p.m. – 6 p.m.		8:15 a.m. – 9:15 a.m.	
<b>Cardio Interval Training</b>			10:45 a.m. – 11:45 a.m.				
<b>Yoga</b>	5 p.m. – 6 p.m.	9:30 a.m. – 10:45 a.m.	5 p.m. – 6 p.m.	9:30 a.m. – 10:45 a.m.			
<b>Total Body Reset</b>				11 a.m. – noon			
<b>Pilates</b>	10:45 a.m. – 11:45 a.m.				10:45 a.m. – 11:45 a.m.		