



# To Fit You

## Fitness Studio

## Yoga

Tuesday 6:30pm - 7:30pm

Wednesday Noon - 1pm

(bring water, towel, mat)

10 consecutive classes -\$125.00 & drop-in-\$15.00



phone: 713-410-3376

email: [ToFitYou@sbcglobal.net](mailto:ToFitYou@sbcglobal.net)

web: [www.ToFitYou.com](http://www.ToFitYou.com)

1750 Seamist Dr. #170 Building

Houston, TX 77008

Fitness studio offering: Individual and group training, yoga classes, post-rehabilitation and more.