

REGISTER NOW



IT'S TIME TEXAS

FREE VIRTUAL PHYSICAL ACTIVITY & NUTRITION EDUCATION CLASSES



Six days a week



All Fitness Levels



Available in English/Spanish

It's Time Texas delivers **FREE** fitness classes and nutrition education programs to remove any financial barriers for participants, making health accessible to **all Texans**. Classes are available six days a week in Spanish and English, designed to meet the needs of Texans at any fitness level.

ONE GOAL: HEALTH FOR ALL!

- Zumba
- Kickboxing
- Cardio & Strength
- Yoga
- MixedFit
- And More!



TO REGISTER AND ATTEND CLASSES, SCAN THE QR CODE:

