



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS




Hidalgo Ptc.1 February | Febrero 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:30 A.M.	Zumba "Las Divinas" Pablo Peña Park	Zumba "Las Divinas" Pablo Peña Park	Zumba "Las Divinas" Pablo Peña Park	Zumba "Las Divinas" Pablo Peña Park	Zumba "Las Divinas" Pablo Peña Park	
10:00 A.M.		Chair Exercise with Music Amigos Del Valle 5 Weslaco (30min)		Chair Exercise with Music Amigos Del Valle 5 Weslaco (30min)		
10:30 A.M.	Therapeutic Yoga Weslaco Public Library		Therapeutic Yoga Weslaco Public Library			
10:45 A.M.		Resistance Bands Amigos Del Valle 5 Weslaco (30min)		Resistance Bands Amigos Del Valle 5 Weslaco (30min)		
6:00 P.M.	Zumba "Las Divinas" Pablo Peña Park	Zumba "Las Divinas" Pablo Peña Park	Zumba "Las Divinas" Pablo Peña Park	Zumba "Las Divinas" Pablo Peña Park		

Location / Ubicación:
Amigos Del Valle 5 - 2101 W 6th St, Weslaco, TX 78596
Pablo Peña Park - 300 N Airport Dr, Weslaco, TX 78596
Weslaco Public Library - 525 S Kansas Ave, Weslaco, TX 78596

In-person class

Tu Salud ¡Sí Cuenta! Hidalgo County PCT1 Weslaco, TX 
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