



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



Los Fresnos July | Julio 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB	SUN DOM
5:45 A.M.		Lap Swimming L. F. Memorial Park Pool 45 mins	Lap Swimming L. F. Memorial Park Pool 45 mins	Lap Swimming L. F. Memorial Park Pool 45 mins	Lap Swimming L. F. Memorial Park Pool 45 mins		
6:45 A.M.		Water Aerobics L. F. Memorial Park Pool	Water Aerobics L. F. Memorial Park Pool	Water Aerobics L. F. Memorial Park Pool	Water Aerobics L. F. Memorial Park Pool		
8:00 A.M.	Strength Training L. F. Memorial Park		Strength Training L. F. Memorial Park		Strength Training L. F. Memorial Park	Lap Swimming L. F. Memorial Park Pool	
8:00 A.M.	Zumba Gold/Toning Saint Cecilia Catholic Church	Zumba Gold/Toning Saint Cecilia Catholic Church	Zumba Gold/Toning Saint Cecilia Catholic Church	Zumba Gold/Toning Saint Cecilia Catholic Church	Yoga Los Fresnos Community Center		
9:00 A.M.	Zumba L. F. Memorial Park	Body Sculpting L. F. Memorial Park	Zumba L. F. Memorial Park	Body Sculpting L. F. Memorial Park	Zumba L. F. Memorial Park		
7:00 P.M.		BCM Dance 2-Fit L.F Memorial Park		Cardio-Kick L.F Memorial Park			
7:00 P.M.		Water Aerobics L. F. Memorial Park Pool	Lap Swimming L. F. Memorial Park Pool	Water Aerobics L. F. Memorial Park Pool	Lap Swimming L. F. Memorial Park Pool		

Location / Ubicación:

- Los Fresnos Community Center** - 200 N Brazil St, Los Fresnos, TX 78566
- Los Fresnos Memorial Park/Pool** - 900 N Arroyo Blvd, Los Fresnos, TX 78566
- Los Fresnos Nature Trail** - 820 N Arroyo Blvd, Los Fresnos, TX 78566
- St. Cecilia Church** - 606 W Ocean Blvd, Los Fresnos, TX 78566

In-person class

City of Los Fresnos
Community Health Outreach

caracaratrails

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