



# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS



### Hidalgo Ptc.1 July | Julio 2024

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
8:00 A.M.	Zumba "Las Divinas" Pablo Peña Park, Palapa #24	Zumba "Las Divinas" Pablo Peña Park, Palapa #24	Zumba "Las Divinas" Pablo Peña Park, Palapa #24	Zumba "Las Divinas" Pablo Peña Park, Palapa #24	Zumba "Las Divinas" Pablo Peña Park, Palapa #24	
8:30 A.M.	Zumba with Selene Dr. Bose Community Center		Zumba with Selene Dr. Bose Community Center	Zumba with Selene Dr. Bose Community Center	Zumba with Selene Dr. Bose Community Center	
9:00 A.M.			Therapeutic Yoga Dr. Bose Community Center			
9:30 A.M.		Chair Exercise with Music Amigos Del Valle 5 Weslaco (30min)		Chair Exercise with Music Amigos Del Valle 5 Weslaco (30min)		
10:15 A.M.		Resistance Bands Amigos Del Valle 5 Weslaco (30min)		Resistance Bands Amigos Del Valle 5 Weslaco (30min)		
10:30 A.M.	Therapeutic Yoga Dr. Bose Community Center					

**Location / Ubicación:**

Amigos Del Valle 5 - 2101 W 6th St, Weslaco, TX 78596  
 Pablo Peña Park (Palapa #24) - 300 N Airport Dr, Weslaco, TX 78596  
 Dr. Bose Community Center - 701 N Main St Suite D, Donna, TX 78537

**In-person class**



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