



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



Primera February | Febrero 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
7:30 A.M.						Open Class Pavillion
9:30 A.M.		Walking for Mental Health Primera Park 30 Min		Walking for Mental Health Primera Park 30 Min		
10:00 A.M.	Circuit Cardio Training Primera Community Center	Resistance Bands + Strength & Conditioning Primera Community Center	Circuit Cardio Training Primera Community Center	Strength & Conditioning Primera Community Center	Yoga Fusion Workout Primera Community Center	
11:00 A.M.					Chair Fitness Primera Community Center	
6:30 P.M.	Cardio HITT 30 & Booty Band HITT 30 Primera Community Center	Strength & Tone Primera Community Center	Resistance Bands + Strength & Conditioning Primera Community Center	Strength & Tone Primera Community Center		

Location / Ubicación:
Primera Community Center - 16603 Community Dr, Primera, TX 78552
Primera Park/Pavillion - 22893 Stuart Place Rd Primera, TX 78552

In-person class

Rio Hondo Tu Salud Si Cuenta

caracaratrails

caracaratrails

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