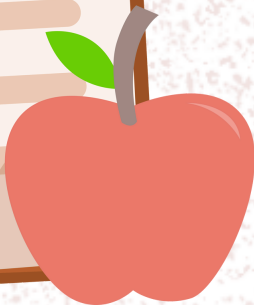
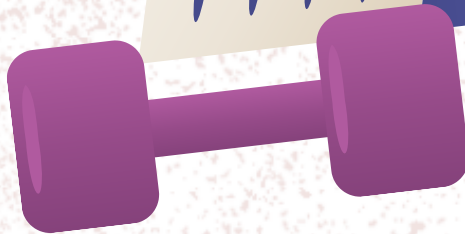
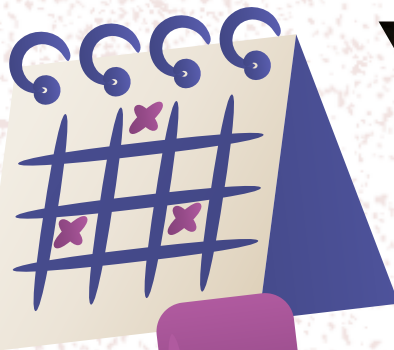




FREE EXERCISE CLASS SCHEDULE

CLASES DE EJERCICIOS GRATUITAS



Brownsville

July | Julio 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB	SUN DOM
7:00 A.M.						Boot Camp Montebella Park Fitness Court	Kayaking Dean Porter Park 2hrs *Pre-Registration Required *Pre-Registro Requerido
8:00 A.M.						Yoga Linear Park	
8:00 A.M.					Urban Gardening with Farmer Dave La Posada Urban Farm 5hrs	Nature Walk with TMN 7/6 Laguna Atascosa National Wildlife Refuge	
8:30 A.M.						Nature Walk with TMN 7/6 Resaca de la Palma State Park 7/6 Laguna Vista Nature Trail 7/20 Hugh Ramsey Park 7/20 Palo Alto Battlefield	
8:30 A.M.	Therapeutic Yoga Cachorro's Party House		Chair Exercise Cachorro's Party House	Strength Training & Conditioning Low Impact Cachorro's Party House			
8:30 A.M.	Fitness Blender Pedro Pete Benavides Park Browne	Fitness Blender Pedro Pete Benavides Park Browne	Fitness Blender Pedro Pete Benavides Park Browne	Yoga Bob Clark Social Service Center Browne			
8:30 A.M.		Cardio Fitness Cachorro's Party House			Cardio Fitness Cachorro's Party House		
8:45 A.M.	Cardio Exercise Dean Porter Park	Cardio Exercise Dean Porter Park	Yoga Dean Porter Park	Cardio Exercise Dean Porter Park	Cardio Exercise Dean Porter Park		
9:00 A.M.	Boot Camp Oliveira Park	Boot Camp Oliveira Park	Boot Camp Oliveira Park	Boot Camp Oliveira Park	Boot Camp Oliveira Park		
9:00 A.M.					Therapeutic Yoga Mexican Consulate		
9:30 A.M.						Nature Walk with TMN 7/20 Laguna Atascosa National Wildlife Refuge	
10:00 A.M.			Zumba Mexican Consulate			Nature Walk with TMN 7/6 Resaca de la Palma State Park 7/20 Hugh Ramsey Park 7/20 Palo Alto Battlefield	
5:30 P.M.		BISD ONLY Yoga BISD GYM		BISD ONLY Yoga BISD GYM			
6:00 P.M.		Strength Training & Conditioning Riverside Park		Strength Training & Conditioning Riverside Park			
6:30 P.M.		Kayaking Dean Porter Park *Pre-Registration Required *Pre-Registro Requerido 2hrs		Kayaking Dean Porter Park *Pre-Registration Required *Pre-Registro Requerido 2hrs			
6:30 P.M.	Yoga Linear Park		Yoga Linear Park				
8:30 P.M.					Astronomy at the park Resaca de la Palma *Pre-Registration Required *Pre-Registro Requerido		

LOCATION / UBICACIÓN:

- BISD Gym** - 708 Palm Blvd, Brownsville, TX 78521
- Belden Trail Community Garden** - 25 W. Fronton, Brownsville, TX 78520
- Bob Clark Social Service Center (Browne)** - 9901 California Rd, Brownsville, TX 78521
- Cachorro's Party House** - 4195 Southmost Rd, Brownsville, TX 78521
- Dean Porter Park** - 501 E Ringgold St, Brownsville, TX 78520
- Gonzalez Park/Gym** - 34 Tony Gonzalez Drive, Brownsville, TX 78521
- Laguna Atascosa National Wildlife Refuge** - 22688 Buena Vista Blvd, Los Fresnos, TX 78566
- Laguna Vista Nature Trail** - 1600 Palo Blanco Dr, Laguna Vista, TX 78578
- La Posada Urban Farm** - 1325 La Posada Drive, Brownsville TX 78521
- Linear Park** - 1534 E 6th St, Brownsville, TX 78520
- Mexican Consulate** - 301 Mexico Blvd, Brownsville, TX 78520
- Montebella Park** - 2485 W Alton Gloor Blvd, Brownsville, TX 78520
- Oliveira Park Gym** - 104 El Paso Rd, Brownsville, TX 78520
- Palo Alto Battlefield National Historical Park** - 7200 Paredes Line Rd, Brownsville, TX 78526
- Pedro Pete Benavides Park** - 2055 S Browne Ave, Brownsville, TX 78521
- Resaca de la Palma State Park** - 1000 New Carmen Ave, Brownsville, TX 78521
- Riverside Park** - 15 Riverside Blvd, Brownsville, TX 78520
- Hugh Ramsey Nature Park** - 1000 TX-499 Loop, Harlingen, TX 78550

Pre-Registration Required for these classes:



Kayaking

www.bit.ly/KayakingExcursion



Astronomy at the park

www.bit.ly/Stargazing-Registration



In-person class

BTX Health & Wellness

[caracaratrails](#)

[caracaratrails](#)

Mirna

(956) 243-0761

Zulema Medrano

(956) 538-1306

City of Brownsville Public Health Department
(956) 542-3437



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



Combes July | Julio 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
9:30 A.M.		Pilates Flow Combes Community Center 30 Mins				
9:30 A.M.	Zumba Combes Community Center 30 Mins		Zumba Combes Community Center 30 Mins	Zumba Combes Community Center 30 Mins		
5:00 P.M.				Stretch & Tone Combes Community Center		
5:15 P.M.	Pilates Combes Community Center		Pilates Combes Community Center			
6:00 P.M.	Strength & Tone Combes Community Center 45 Mins	Zumba Combes Community Center	Strength & Tone Combes Community Center 45 Mins			
6:00 P.M.	Zumba Dance Fitness (Orange Room)		Zumba Dance Fitness (Orange Room)			

Location / Ubicación:
Combes Community Center/Orange Room - 21660 Hand Rd, Combes, TX 78535

In-person class

CombesTSSC

Raquel Chavez
(956) 590-5202



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

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



Maricela Gonzalez
 (956)563-6136
 or (956) 483-0131



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



Hidalgo Ptc.4 July | Julio 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:00 A.M.	Walking with Resistance Bands Alfonso Flores All Star Park		Walking with Resistance Bands Alfonso Flores All Star Park			
8:30 A.M.	Dance Fitness Endowment Center	Dance Fitness Endowment Center	Dance Fitness Endowment Center	Dance Fitness Endowment Center	Dance Fitness Endowment Center	
10:45 A.M.	Yoga (Endowment Center) 75 mins		Yoga (Endowment Center) 75 mins		Yoga (Endowment Center) 75 mins	
6:00 P.M.	Zumba The Endowment Center Community Room #3	Zumba The Endowment Center Community Room #3	Zumba The Endowment Center Community Room #3	Zumba The Endowment Center Community Room #3		

Location / Ubicación:

Alfonso Flores All Star Park - 107 Sunflower Rd., Edinburg, TX 78542

Endowment Center - 107 N Sunflower Rd, Edinburg, TX 78542

In-person class

Pct.4 Endowment Community Resource Center-Dance Classes Group

Erica de Parra
(956)483-0161
(956)289-7429



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



Harlingen July | Julio 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:30 A.M.		Yoga Harlingen Arts and Heritage Museum		Yoga Harlingen Arts and Heritage Museum		
8:30 A.M.		TRX Victor Park Pavillion		TRX Victor Park Pavillion		
9:30 A.M.	Zumba Victor Park Pavillion	Zumba Harlingen Community Center	Zumba Harlingen Community Center	Zumba Harlingen Community Center		
11:00 A.M.	Chair Exercise Elks Lodge #1889	Chair Exercise Harlingen Community Center	Chair Exercise Harlingen Community Center	Chair Exercise Harlingen Community Center		
1:00 P.M.	Pickleball Harlingen Community Center 3hr	Pickleball Harlingen Community Center 3hr	Pickleball Harlingen Community Center 3hr	Pickleball Harlingen Community Center 3hr	Pickleball Harlingen Community Center 4hr	
1:30 P.M.		Strong People Strong Bodies Harlingen Community Center		Strong People Strong Bodies Harlingen Community Center		
4:00 P.M.	Stretch & Tone Harlingen Community Center		Rings Pilates Harlingen Community Center			
5:30 P.M.		Spin Class Harlingen Community Center		Spin Class Harlingen Community Center		
6:00 P.M.	Table Tennis Harlingen Community Center		Table Tennis Harlingen Community Center			
6:00 P.M.	Pilates Harlingen Community Center		Pilates Harlingen Community Center			
6:00 P.M.	Zumba Victor Park Pavillion	Zumba Victor Park Pavillion	Zumba Victor Park Pavillion	Zumba Victor Park Pavillion		
6:00 P.M.	Aquatic HIIT (Pendleton Park Pool)	Aquatic HIIT (Pendleton Park Pool)				
7:00 P.M.			Walking/Running Club McKelvey Park	Walking/Running Club McKelvey Park		

Location / Ubicación:

- Casa Del Sol** - 221 E Madison Ave, Harlingen, TX 78550
- Elks Lodge #1889** - 1426 S Commerce St, Harlingen, TX 78550
- Harlingen City Lake** - 575 76 Drive, Harlingen, TX 78550
- Harlingen Community Center** - 201 E Madison Ave, Harlingen, TX 78552
- Pendleton Park Pool** - 1427 Morgan Blvd, Harlingen, TX 78550
- Victor Park Pavillion** - 1601 S M St, Harlingen, TX 78550
- Harlingen Arts and Heritage Museum** - 2425 Boxwood St, Harlingen, TX 78550
- McKelvey Park** - 1325 S 77 Sunshine Strip, Harlingen, TX 78550

In-person class

Harlingen Parks and Recreation

Keilani Saucedo
(956)367-3101



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 

caracaratrails 
Christine Martinez
956-312-1406



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS




Port Isabel July | Julio 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
7:00 A.M.		Water Zumba Port Isabel Municipal Pool	Water Zumba Port Isabel Municipal Pool	Water Zumba Port Isabel Municipal Pool	Water Zumba Port Isabel Municipal Pool	
8:00 A.M.	Zumba Roloff Park	Zumba Toning Roloff Park	Zumba Roloff Park	Zumba Toning Roloff Park	Zumba Roloff Park	
9:10 A.M.	Meditation Yoga LagunaVista South Texas Eco Tourism	Strength & Toning LagunaVista South Texas Eco Tourism	Meditation Yoga LagunaVista South Texas Eco Tourism	Strength & Toning LagunaVista South Texas Eco Tourism		
5:30 P.M.	Zumba (Port Isabel Community Center)	Zumba (Port Isabel Community Center)		Zumba (Port Isabel Community Center)		

Location / Ubicación:

- Port Isabel Municipal Public Pool** - 1802 3rd St, Port Isabel, TX 78578
- LagunaVista South Texas Eco-Tourism Center** - 501W TX-100, Laguna Vista, TX 78578
- Port Isabel Community Center** - 213 N Yturria St, Port Isabel, TX 78578
- Roloff Park** - 122 Fernandez St, Laguna Vista, TX 7857

In-person class

Port Isabel Tssc 
Cecilia Zamora
 (956)266-2231
 or (956)943-2682



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



Primera July | Julio 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
7:30 A.M.						Open Class Pavillion
8:00 A.M.				Walking for Mental Health Primera Park 30 Min		
9:00 A.M.	Group Power Primera Community Center	Walking for Mental Health Primera Park 30 Min	Group Power Primera Community Center			
9:45 A.M.					Yoga Fusion Workout Primera Community Center	
10:00 A.M.	Circuit Cardio Training Primera Community Center 45-55 mins	Resistance Bands + Strength & Conditioning Primera Community Center	Circuit Cardio Training Primera Community Center	Strength & Conditioning Primera Community Center		
10:45 A.M.					Chair Fitness Primera Community Center	
6:30 P.M.	Group Power Primera Community Center	STEP Sculpt & Resistance Band Training Primera Community Center	Group Power 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



Rio Hondo Tu Salud Si Cuenta

caracaratrails

caracaratrails

Veronica Garza
956-238-7640



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



San Benito July | Julio 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:00 A.M.	Stretch & Tone San Benito Cultural Arts Center	Pilates San Benito Cultural Arts Center	Zumba & Toning San Benito Cultural Arts Center	Pilates San Benito Cultural Arts Center	Cardio & Toning San Benito Cultural Arts Center	
8:45 A.M.		Body Fitness Iglesia San Ignacio de Loyola	Body Fitness Iglesia San Ignacio de Loyola	Body Fitness Iglesia San Ignacio de Loyola		
9:00 A.M.		Yoga for Beginners San Benito Cultural Arts Center <i>Meeting Room 2</i>		Yoga for Beginners San Benito Cultural Arts Center <i>Meeting Room 2</i>	Stretch & Tone San Benito Cultural Arts Center	
4:00 P.M.	Yoga Community Building		Yoga Community Building			
5:30 P.M.	Zumba Community Building	Lift It, Move It, Shake It Community Building	Zumba Community Building	Lift It, Move It, Shake It Community Building		

Location / Ubicación:

San Benito Community Building - 210 E Heywood St, San Benito, TX 78586

San Benito Cultural Arts Center - 225 E Stenger St, San Benito, TX 78586

Iglesia San Ignacio de Loyola - 24380 US-281, San Benito, TX 78586

Landrum Education Complex (Cafeteria) - 450 S Dick Dowling St, San Benito, TX 78586

In-person class



Letty Gomez

(956)361-3804 ext.305
or (956)357-4564