



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 ¡Si Cuenta! Hidalgo County PCT1 Weslaco, TX

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