



# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS



### Primera April | Abril 2024

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
7:30 A.M.						Open Class Pavilion
9:00 A.M.		Walking for Mental Health Primera Park 30 Min		Walking for Mental Health Primera Park 30 Min		
9:45 A.M.					Yoga Fusion Workout Primera Community Center	
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		
10:45 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/Pavilion** - 22893 Stuart Place Rd Primera, TX 78552

**In-person class**

Rio Hondo Tu Salud Si Cuenta

caracaratrails

caracaratrails

**Veronica Garza**  
956-238-7640