



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

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