



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



Harlingen September | Septiembre 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 | | |
| 9:00 A.M. | | Spin Class Harlingen Community Center | | | | |
| 9:30 A.M. | | Zumba Harlingen Community Center | | Zumba Harlingen Community Center | | |
| 10:00 A.M. | Zumba Harlingen Arts and Heritage Museum | | Zumba Harlingen Arts and Heritage Museum | | | |
| 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 4hr | |
| 1:30 P.M. | | Strong People Strong Bodies Harlingen Community Center | | Strong People Strong Bodies Harlingen Community Center | | |
| 3:00 P.M. | Pickleball Harlingen Community Center 3hr | | | | | |
| 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) | | | | |
| 6:30 P.M. | | | | Step Aerobics Harlingen Community Center | | |

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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