



# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS



### Los Fresnos September | Septiembre 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.	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	Lap Swimming L. F. Memorial Park Pool	
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

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**Christine Martinez**  
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