



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



Los Fresnos February | Febrero 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB	SUN DOM
6:45 A.M.		Strength & Tone L. F. Community Center	Strength & Tone L. F. Community Center	Strength & Tone L. F. Community Center			
8:00 A.M.	Strength Training L. F. Memorial Park		Strength Training L. F. Memorial Park		Strength Training L. F. Memorial Park		
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	Zumba Gold/Toning Saint Cecilia Catholic Church		
8:00 A.M.						Yoga Los Fresnos Nature Trail	
9:00 A.M.	Zumba L. F. Memorial Park	Body Sculpting L. F. Memorial Park	Fitness Blender L. F. Memorial Park	Body Sculpting L. F. Memorial Park	Zumba L. F. Memorial Park		
6:30 P.M.	BCM Dance 2-Fit L.F. Elementary Gym	Strength Training L. F. Memorial Park	Strength Training L. F. Memorial Park	Cardio-Kick L. F. Elementary Gym			
6:30 P.M.	Open Basketball (Los Cuates M.S. Gym) (2 hr)	Open Basketball (Los Cuates M.S. Gym) (2 hr)	Open Basketball (Los Cuates M.S. Gym) (2 hr)				

Location / Ubicación:

- Los Cuates Middle School Gym - 33422 Farm Road 1575, Los Fresnos, TX 78566
- Los Fresnos Community Center - 200 N Brazil St, Los Fresnos, TX 78566
- Los Fresnos Community Park - 402 W Ocean Blvd, Los Fresnos, TX 78566
- Los Fresnos Elementary School Gym - 32602 TX-100, 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

[in-person class](#)

 City of Los Fresnos

 Community Health Outreach

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 Christine Martinez

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