

Brownsville

July | Julio 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB	SUN DOM
7:00 A.M.						Boot Camp Montebella Park Fitness Court	Kayaking Dean Porter Park 2hrs *Pre-Registration Required *Pre-Registro Requerido
8:00 A.M.						Yoga Linear Park	
8:00 A.M.					Urban Gardening with Farmer Dave La Posada Urban Farm 5hrs	Nature Walk with TMN 7/6 Laguna Atascosa National Wildlife Refuge	
8:30 A.M.						Nature Walk with TMN 7/6 Resaca de la Palma State Park 7/6 Laguna Vista Nature Trail 7/20 Hugh Ramsey Park 7/20 Palo Alto Battlefield	
8:30 A.M.	Therapeutic Yoga Cachorro's Party House		Chair Exercise Cachorro's Party House	Strength Training & Conditioning Low Impact Cachorro's Party House			
8:30 A.M.	Fitness Blender Pedro Pete Benavides Park Browne	Fitness Blender Pedro Pete Benavides Park Browne	Fitness Blender Pedro Pete Benavides Park Browne	Yoga Bob Clark Social Service Center Browne			
8:30 A.M.		Cardio Fitness Cachorro's Party House			Cardio Fitness Cachorro's Party House		
8:45 A.M.	Cardio Exercise Dean Porter Park	Cardio Exercise Dean Porter Park	Yoga Dean Porter Park	Cardio Exercise Dean Porter Park	Cardio Exercise Dean Porter Park		
9:00 A.M.	Boot Camp Oliveira Park	Boot Camp Oliveira Park	Boot Camp Oliveira Park	Boot Camp Oliveira Park	Boot Camp Oliveira Park		
9:00 A.M.					Therapeutic Yoga Mexican Consulate		
9:30 A.M.						Nature Walk with TMN 7/20 Laguna Atascosa National Wildlife Refuge	
10:00 A.M.			Zumba Mexican Consulate			Nature Walk with TMN 7/6 Resaca de la Palma State Park 7/20 Hugh Ramsey Park 7/20 Palo Alto Battlefield	
5:30 P.M.		BISD ONLY Yoga BISD GYM		BISD ONLY Yoga BISD GYM			
6:00 P.M.		Strength Training & Conditioning Riverside Park		Strength Training & Conditioning Riverside Park			
6:30 P.M.		Kayaking Dean Porter Park *Pre-Registration Required *Pre-Registro Requerido 2hrs		Kayaking Dean Porter Park *Pre-Registration Required *Pre-Registro Requerido 2hrs			
6:30 P.M.	Yoga Linear Park		Yoga Linear Park				
8:30 P.M.					Astronomy at the park Resaca de la Palma *Pre-Registration Required *Pre-Registro Requerido		

LOCATION / UBICACIÓN:

- BISD Gym** - 708 Palm Blvd, Brownsville, TX 78521
- Belden Trail Community Garden** - 25 W. Fronton, Brownsville, TX 78520
- Bob Clark Social Service Center (Browne)** - 9901 California Rd, Brownsville, TX 78521
- Cachorro's Party House** - 4195 Southmost Rd, Brownsville, TX 78521
- Dean Porter Park** - 501 E Ringgold St, Brownsville, TX 78520
- Gonzalez Park/Gym** - 34 Tony Gonzalez Drive, Brownsville, TX 78521
- Laguna Atascosa National Wildlife Refuge** - 22688 Buena Vista Blvd, Los Fresnos, TX 78566
- Laguna Vista Nature Trail** - 1600 Palo Blanco Dr, Laguna Vista, TX 78578
- La Posada Urban Farm** - 1325 La Posada Drive, Brownsville TX 78521
- Linear Park** - 1534 E 6th St, Brownsville, TX 78520
- Mexican Consulate** - 301 Mexico Blvd, Brownsville, TX 78520
- Montebella Park** - 2485 W Alton Gloor Blvd, Brownsville, TX 78520
- Oliveira Park Gym** - 104 El Paso Rd, Brownsville, TX 78520
- Palo Alto Battlefield National Historical Park** - 7200 Paredes Line Rd, Brownsville, TX 78526
- Pedro Pete Benavides Park** - 2055 S Browne Ave, Brownsville, TX 78521
- Resaca de la Palma State Park** - 1000 New Carmen Ave, Brownsville, TX 78521
- Riverside Park** - 15 Riverside Blvd, Brownsville, TX 78520
- Hugh Ramsey Nature Park** - 1000 TX-499 Loop, Harlingen, TX 78550

Pre-Registration Required for these classes:

Kayaking
www.bit.ly/KayakingExcursion

Astronomy at the park
www.bit.ly/Stargazing-Registration

In-person class

BTX Health & Wellness
caracaratrails

Mirna
(956) 243-0761
Zulema Medrano
(956) 538-1306

City of Brownsville Public Health Department
(956) 542-3437