



# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS



### San Benito April | Abril 2024

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
8:00 A.M.	<b>Stretch &amp; Tone</b> San Benito Cultural Arts Center	<b>Pilates</b> San Benito Cultural Arts Center	<b>Zumba &amp; Toning</b> San Benito Cultural Arts Center	<b>Pilates</b> San Benito Cultural Arts Center	<b>Cardio &amp; Toning</b> San Benito Cultural Arts Center	
8:45 A.M.		<b>Body Fitness</b> Iglesia San Ignacio de Loyola	<b>Body Fitness</b> Iglesia San Ignacio de Loyola	<b>Body Fitness</b> Iglesia San Ignacio de Loyola		
9:00 A.M.		<b>Yoga for Beginners</b> San Benito Cultural Arts Center		<b>Yoga for Beginners</b> San Benito Cultural Arts Center	<b>Stretch &amp; Tone</b> San Benito Cultural Arts Center	
4:00 P.M.	<b>Yoga</b> Community Building		<b>Yoga</b> Community Building			
5:30 P.M.	<b>Zumba</b> Community Building	<b>Lift It, Move It, Shake It</b> Community Building	<b>Zumba</b> Community Building	<b>Lift It, Move It, Shake It</b> Community Building		

**Location / Ubicación:**  
**San Benito Community Building** - 210 E Heywood St, San Benito, TX 78586  
**San Benito Cultural Arts Center** - 225 E Stenger St, San Benito, TX 78586  
**Iglesia San Ignacio de Loyola** - 24380 US-281, San Benito, TX 78586

**In-person class**  
**San Benito Parks and Recreation**   
**Letty Gomez**  
 (956)361-3804 ext.305  
 or (956)357-4564