



# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS



### Primera September | Septiembre 2024

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
7:30 A.M.						Open Class Pavillion
8:00 A.M.				Walking for Mental Health Primera Park 30 Min		
9:00 A.M.	 Primera Community Center	Walking for Mental Health Primera Park 30 Min	 Primera Community Center			
9:45 A.M.					Yoga Fusion Workout Primera Community Center	
10:00 A.M.	Circuit Cardio Training Primera Community Center 45-55 mins	Resistance Bands + Strength & Conditioning Primera Community Center	Circuit Cardio Training Primera Community Center	Strength & Conditioning Primera Community Center		
10:45 A.M.					Chair Fitness Primera Community Center	
6:30 P.M.	 Primera Community Center	STEP Sculpt & Resistance Band Training Primera Community Center	 Primera Community Center	Strength & Tone Primera Community Center		

**Location / Ubicación:**  
**Primera Community Center** - 16603 Community Dr, Primera, TX 78552  
**Primera Park/Pavillion** - 22893 Stuart Place Rd Primera, TX 78552



Rio Hondo Tu Salud  
Si Cuenta

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