

Brownsville								July   Julio 2024	
	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB	SUN   DOM		
7:00 A.M.						<b>Boot Camp</b> Montebella Park Fitness Court	<b>Kayaking</b> Dean Porter Park 2hrs *Pre-Registration Required *Pre-Registro Requerido		
8:00 A.M.						<b>Yoga</b> Linear Park			
8:00 A.M.					<b>Urban Gardening with Farmer Dave</b> La Posada Urban Farm 5hrs	<b>Nature Walk with TMN</b> 7/6 Laguna Atascosa National Wildlife Refuge			
8:30 A.M.						<b>Nature Walk with TMN</b> 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.	<b>Therapeutic Yoga</b> Cachorro's Party House		<b>Chair Exercise</b> Cachorro's Party House	<b>Strength Training &amp; Conditioning Low Impact</b> Cachorro's Party House					
8:30 A.M.	<b>Fitness Blender</b> Pedro Pete Benavides Park Browne	<b>Fitness Blender</b> Pedro Pete Benavides Park Browne	<b>Fitness Blender</b> Pedro Pete Benavides Park Browne	<b>Yoga</b> Bob Clark Social Service Center Browne					
8:30 A.M.		<b>Cardio Fitness</b> Cachorro's Party House				<b>Cardio Fitness</b> Cachorro's Party House			
8:45 A.M.	<b>Cardio Exercise</b> Dean Porter Park	<b>Cardio Exercise</b> Dean Porter Park	<b>Yoga</b> Dean Porter Park	<b>Cardio Exercise</b> Dean Porter Park	<b>Cardio Exercise</b> Dean Porter Park				
9:00 A.M.	<b>Boot Camp</b> Oliveira Park	<b>Boot Camp</b> Oliveira Park	<b>Boot Camp</b> Oliveira Park	<b>Boot Camp</b> Oliveira Park	<b>Boot Camp</b> Oliveira Park				
9:00 A.M.					<b>Therapeutic Yoga</b> Mexican Consulate				
9:30 A.M.						<b>Nature Walk with TMN</b> 7/20 Laguna Atascosa National Wildlife Refuge			
10:00 A.M.			<b>Zumba</b> Mexican Consulate			<b>Nature Walk with TMN</b> 7/6 Resaca de la Palma State Park 7/20 Hugh Ramsey Park 7/20 Palo Alto Battlefield			
5:30 P.M.		<b>BISD ONLY Yoga</b> BISD GYM		<b>BISD ONLY Yoga</b> BISD GYM					
6:00 P.M.		<b>Strength Training &amp; Conditioning</b> Riverside Park		<b>Strength Training &amp; Conditioning</b> Riverside Park					
6:30 P.M.		<b>Kayaking</b> Dean Porter Park *Pre-Registration Required *Pre-Registro Requerido 2hrs		<b>Kayaking</b> Dean Porter Park *Pre-Registration Required *Pre-Registro Requerido 2hrs					
6:30 P.M.	<b>Yoga</b> Linear Park		<b>Yoga</b> Linear Park						

**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](http://www.bit.ly/KayakingExcursion)



**In-person class**

**BTX Health & Wellness**

**caracaratrails**

**caracaratrails**

**Mirna**

(956) 243-0761

**Zulema Medrano**

(956) 538-1306

**City of Brownsville Public Health Department**

(956) 542-3437