



FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



Harlingen February | Febrero 2024

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:30 A.M.		Yoga Harlingen Cultural Arts		Yoga Harlingen Cultural Arts		
8:30 A.M.		TRX Victor Park Pavillion		TRX Victor Park Pavillion		
9:00 A.M.		Spin Class Harlingen Community Center		Spin Class Harlingen Community Center		
10:00 A.M.	Zumba Elks Lodge #1889	Zumba Harlingen Community Center	Zumba Harlingen Community Center	Zumba Harlingen Community Center		
11:00 A.M.	Chair Exercise Elks Lodge #1889	Chair Exercise Harlingen Community Center	Chair Exercise Harlingen Community Center	Chair Exercise Harlingen Community Center		
1:00 P.M.		Pickleball Harlingen Community Center		Pickleball Drills & Skills Harlingen Community Center		
4:00 P.M.	Stretch & Tone Harlingen Community Center		Rings Pilates Harlingen Community Center			
5:00 P.M.			Walking/Running Club City Lake	Walking/Running Club City Lake		
5:30 P.M.		Spin Class Harlingen Community Center		Spin Class Harlingen Community Center		
6:00 P.M.	Pickleball Harlingen Community Center		Pickleball Harlingen Community Center		Pickleball Skills & Drills Harlingen Community Center	
6:00 P.M.	Table Tennis Harlingen Community Center	Aquatic HIIT (Pendleton Park Pool)	Table Tennis Harlingen Community Center	Aquatic HIIT (Pendleton Park Pool)		
6:00 P.M.	Pilates Harlingen Community Center		Pilates Harlingen Community Center	Swing Dance Harlingen Cultural Arts Center 2hr		
6:00 P.M.	Zumba Elks Lodge #1889	Zumba Elks Lodge #1889	Zumba Elks Lodge #1889	Zumba Victor Park Pavillion		

Location / Ubicación:

- Casa del sol** - 221 E Madison Ave, Harlingen, TX 78550
- Harlingen Community Center** - 201 E Madison Ave, Harlingen, TX 78552
- Harlingen Cultural Arts Center** - 576 76 Dr, Harlingen, TX 78550
- Pendleton Park Pool** - 1427 Morgan Blvd, Harlingen, TX 78550
- Victor Park Pavillion** - 1601 S M St, Harlingen, TX 78550
- Workout Worship LLC** - 409 W Van Buren Harlingen Texas 78552

In-person class



Brenda Rojas
956-216-5164
or (956)367-3101