

# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS

### BROWNSVILLE | June | Junio

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
7:00 A.M.			CARACARA Yoga (La Mancha Urban Farm)			Boot Camp (Monte Bella Park)
8:00 A.M.			Low Impact Chair Exercise (Gonzalez Park)			Yoga (Linear Park)
8:30 A.M.	Zumba (Pedro Pete Benavides Park Browne)	Zumba (Pedro Pete Benavides Park Browne)	Zumba (Pedro Pete Benavides Park Browne)	GROUP LIFE BALANCE (Pedro Pete Benavides Park Browne)	Zumba (Pedro Pete Benavides Park Browne)	
8:30 A.M.	Strength & Conditioning (Riverside Park)		Strength & Conditioning (Riverside Park)		Strength & Conditioning (Riverside Park)	
8:45 A.M.	Zumba (Dean Porter Park)	Zumba (Dean Porter Park)	Zumba (Dean Porter Park)	Zumba (Dean Porter Park)	Zumba (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)	
11:45 A.M.	Zumba Toning (BISD GYM)	Zumba (BISD GYM)	Zumba Toning (BISD GYM)	Zumba (BISD GYM)		
5:30 P.M.	Walking Club (El Ranchito Park)		Walking Club (El Ranchito Park)		Walking Club (El Ranchito Park)	
6:30 P.M.	Yoga (Linear Park)		Yoga (Linear Park)		Yoga (La Posada Urban Farm)	
8:30 P.M.					Stargazing La Posada Moctezuma Cypress Preserve	

**LOCATION / UBICACIÓN:**

- BISD Gym** - 708 Palm Blvd, Brownsville, TX 78521
- Dean Porter Park** - 501 E Ringgold St, Brownsville, TX 78520
- El Ranchito Park** - Zapotec Street, San Benito, TX 78586
- Gonzalez Park** - 34 Tony Gonzalez Drive, Brownsville, TX 78521
- La Mancha Urban Farm** - 146 La Mancha St. Brownsville TX 78521
- La Posada Urban Farm / La Posada Moctezuma**
- Cypress Preserve** - 1325 La Posada Drive. Brownsville TX 78521
- Linear Park** - 1534 E 6th St, Brownsville, TX 78520
- Monte Bella Park** - 2525 W Alton Gloor Blvd, Brownsville, TX 78520
- Oliveira Park Gym** - 104 El Paso Rd, Brownsville, TX 78520
- Pedro Pete Benavides Park** - 9901 California Rd, Brownsville, TX 78521
- Riverside Park** - 15 Riverside Blvd, Brownsville, TX 78520



In-person class



Mirna  
 (956) 243-6431  
 Roxanne  
 (956) 547-6531