


FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

HARLINGEN | June | Junio

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
7:45 A.M.	Boot Camp (Pendleton Park)		Boot Camp (Pendleton Park)			
8:30 A.M.		Yoga (Harlingen Cultural Arts)		Yoga (Harlingen Cultural Arts)	Boot Camp (Pendleton Park)	
9:00 A.M.		TXR (Victor Park Pavillion)				
9:00 A.M.	Strong Bodies (Harlingen Community Center)		Strong Bodies (Harlingen Community Center)			
10:00 A.M.	Zumba (Zoom)	Zumba (Zoom)	Zumba (Zoom)	Zumba (Zoom)		
11:00 A.M.	Chair Exercise (Harlingen Public Library Auditorium)	Chair Exercise (Amigos del Valle)	Chair Exercise (Harlingen Public Library Auditorium)		Chair Exercise (Harlingen Cultural Arts Center)	
1:00 P.M.		Pickleball (Harlingen Community Center)	Pickleball (Harlingen Community Center)	Pickleball (Harlingen Community Center)		
3:00 P.M.	Stretch & Tone (Virtual)		Pilates (Virtual)			
5:00 P.M.	Pickleball (Harlingen Community Center)					
5:30 P.M.		Spin Class (Harlingen Community Center)		Spin Class (Harlingen Community Center)		
6:00 P.M.			Nutrition & Fitness (Harlingen Cultural Arts)			
6:00 P.M.	Table Tennis (Harlingen Community Center)				Pickleball (Harlingen Community Center)	
6:00 P.M.	Zumba (Casa del Sol)	Zumba (Casa del Sol)	Zumba (Casa del Sol)	Zumba (Casa del Sol)	Zumba (Casa del Sol)	
6:15 P.M.	TRX (Victor Park)	Aquatic HIIT (Victor Park Pool)	TRX (Victor Park)	Aquatic HIIT (Victor Park Pool)		
6:30 P.M.	Pilates (Harlingen Cultural Arts)		Pilates (Harlingen Cultural Arts)			

Virtual Class
Zoom
In-person class
 Harlingen Parks and Recreation 
Christina Mendiola
956-216-5164
or (956)367-3101

Location / Ubicación:

- Pendleton Park** - 1427 Morgan Blvd, Harlingen, TX 78550
- Harlingen Cultural Arts Center** - 576 76 Dr, Harlingen, TX 78550
- Victor Park** - 1601 S M St, Harlingen, TX 78550
- Harlingen Community Center** - 201 E Madison Ave, Harlingen, TX 78552
- Harlingen Public Library Auditorium** - 410 76 Dr, Harlingen, TX 78550
- Amigos Del Valle #3** - 402 E New Hampshire St, Harlingen, TX 78550
- Casa del sol** - 221 E Madison Ave, Harlingen, TX 78550