

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

LA FERIA | June | Junio

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
5:30 A.M.		Stretch & Tone (La Feria Recreation Center)		Stretch & Tone (La Feria Recreation Center)		
8:00 A.M.	Low Impact Chair Exercise (La Feria Recreation Center)	Strong (La Feria Recreation Center)	Low Impact Chair Exercise (La Feria Recreation Center)	Strong (La Feria Recreation Center)	Pilates (Virtual)	
9:00 A.M.	Yoga (La Feria Recreation Center)		Yoga (La Feria Recreation Center)		Stretch & Tone (Virtual)	
5:00 P.M.				Stretch & Tone (Virtual)		
6:00 P.M.		Zumba (La Feria Recreation Center)	Zumba (La Feria Recreation Center)	Strong (La Feria Recreation Center)		

Virtual Class
In-person class

Location / Ubicación:

La Feria Recreation Center - 901 Pancho Maples Dr, La Feria, TX 78559

City of La Feria Health & Wellness 

 Evelia Duran

 956-454-2724