

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

LOS FRESNOS | June | Junio

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
6:00 A.M.		Lap Swimming <small>(Los Fresnos Memorial Park Pool)</small>	Lap Swimming <small>(Los Fresnos Memorial Park Pool)</small>	Lap Swimming <small>(Los Fresnos Memorial Park Pool)</small>	Lap Swimming <small>(Los Fresnos Memorial Park Pool)</small>	
7:00 A.M.		Water Aerobics <small>(Los Fresnos Memorial Park Pool)</small>	Water Aerobics <small>(Los Fresnos Memorial Park Pool)</small>	Water Aerobics <small>(Los Fresnos Memorial Park Pool)</small>	Water Aerobics <small>(Los Fresnos Memorial Park Pool)</small>	
8:00 A.M.	Zumba <small>(Community Park)</small>	Zumba <small>(Community Park)</small>	Zumba <small>(Community Park)</small>	Zumba <small>(Community Park)</small>		Lap Swimming <small>(Los Fresnos Memorial Park Pool)</small> <small>(2 hours)</small>
8:00 A.M.	Walk-2-Fitness <small>(Los Fresnos Memorial Park)</small>		Walk-2-Fitness <small>(Los Fresnos Memorial Park)</small>		Walk-2-Fitness <small>(Los Fresnos Memorial Park)</small>	CARACARA Yoga <small>(Los Fresnos Nature Trail)</small>
9:00 A.M.	Zumba <small>(Los Fresnos Memorial Park)</small>	Body Sculpting <small>(Los Fresnos Memorial Park)</small>	Zumba <small>(Los Fresnos Memorial Park)</small>	Body Sculpting <small>(Los Fresnos Memorial Park)</small>	Zumba <small>(Los Fresnos Memorial Park)</small>	
10:00 A.M.						Boot Camp <small>(Los Fresnos Memorial Park)</small>
5:30 P.M.				Boot Camp <small>(Los Fresnos Memorial Park)</small>		
6:00 P.M.		Lap Swimming <small>(Los Fresnos Memorial Park Pool)</small>		Lap Swimming <small>(Los Fresnos Memorial Park Pool)</small>	Lap Swimming <small>(Los Fresnos Memorial Park Pool)</small>	
6:00 P.M.	Zumba <small>(Los Fresnos Memorial Park)</small>	Zumba <small>(Los Fresnos Memorial Park)</small>	Zumba <small>(Los Fresnos Memorial Park)</small>			
6:30 P.M.				Dance 2 Fitness <small>(Los Fresnos Memorial Park)</small>		
7:00 P.M.		Boot Camp <small>(Los Fresnos Memorial Park)</small>				
7:00 P.M.		Water Aerobics <small>(Los Fresnos Memorial Park Pool)</small>		Water Aerobics <small>(Los Fresnos Memorial Park Pool)</small>	Water Aerobics <small>(Los Fresnos Memorial Park Pool)</small>	

Location / Ubicación:

Los Fresnos Memorial Park - 900 N Arroyo Blvd, Los Fresnos, TX 78566

Community Park - 402 W Ocean Blvd, Los Fresnos, TX 78566



In-person class

City of Los Fresnos
Community Health Outreach 

caracaratrails 

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Christine Martinez
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