

FREE EXERCISE CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|-----------|----------|--------|----------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |



Tu Salud ¡ Sí Cuenta!
Your Health Matters!

CLASES DE EJERCICIOS GRATIS

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

BROWNSVILLE | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|------------------------------------------------------|---------------------------------------------|------------------------------------------------------|------------------------------|-------------------------------------------------------|----------------------------------------------|
| 7:00 A.M. | | | Yoga (La Mancha Urban Farm) | | | Boot Camp (Montebella Park Fitness Court) |
| 8:00 A.M. | | | Low Impact Chair Exercise (Gonzalez Park) | | | Yoga (Linear Park) |
| 8:30 A.M. | Strength Training & Conditioning (Riverside Park) | | Strength Training & Conditioning (Riverside Park) | | Strength Training & Conditioning (Riverside Park) | |
| 8:30 A.M. | Zumba (Pedro Pete Benavides Park Browne) | Zumba (Pedro Pete Benavides Park Browne) | Zumba (Pedro Pete Benavides Park Browne) | | Zumba (Pedro Pete Benavides Park Browne) | |
| 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) | |
| 12:00 P.M. | Zumba (BISD GYM) | | Zumba Toning (BISD GYM) | | | |
| 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
- 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
- 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
- Montebella Park** - 2485 W Alton Gloor Blvd, Brownsville, TX 78520

EXPERIENCE THE CARACARA TRAILS

In-person class













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

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

COMBES | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------|
| 10:00 A.M. | Pump It Up (Combes Community Center) 30 Min | Zumba Gold (Combes Community Center) 30 Min | Pump It Up (Combes Community Center) 30 Min | Zumba Gold (Combes Community Center) 30 Min | | Boot Camp (Combes Community Center) |
| 11:00 A.M. | | | | | | |
| 12:00 P.M. | | | | | Chair Exercise (Combes Community Center) 30 Min | |
| 5:15 P.M. | Pilates (Combes Community Center) 45 min | | Pilates (Combes Community Center) 45 min | | | |
| 6:00 P.M. | Zumba (Combes Community Center) | Zumba (Combes Community Center) | Zumba (Combes Community Center) | Zumba (Combes Community Center) | | |
| 6:00 P.M. | | HIIT (First Colony Mobile Home Park) | | HIIT (Carefree Valley Mobile Home Park) | | |
| 6:00 P.M. | | HIIT (Combes Community Center) | | | | |
| 7:00 P.M. | Stepper (Combes Community Center) | | Interval Workout (Combes Community Center) | | | |

Location / Ubicación:

Combes Community Center - 21626 Hand Rd, Combes, TX 78535

In-person Class

CombesTSSC 

 Liliana Hinojosa

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



HIDALGO PCT 1 | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|-----------|
| 8:30 A.M. | Zumba "Las Divinas" (Pablo Peña Park) | Zumba "Las Divinas" (Pablo Peña Park) | Zumba "Las Divinas" (Pablo Peña Park) | Zumba "Las Divinas" (Pablo Peña Park) | Zumba "Las Divinas" (Pablo Peña Park) | |
| 10:30 A.M. | Yoga (Progreso Community Center) | | Yoga (Progreso Community Center) | | | |

Location / Ubicación:

Pablo Peña Park - 300 N Airport Dr, Weslaco, TX 78596

Progreso Community Center - 510 FM 1015, Weslaco, TX 78596

In-person class

Tu Salud ¡Si Cuenta! Hidalgo
County PCT1 Weslaco, TX 

Maricela Gonzalez
 (956) 563-6136
 or (956) 483-0131

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

HIDALGO PCT 4 | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|-----------|--------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------|-----------|
| 8:30 A.M. | Zumba (Endowment Center) | Zumba (Endowment Center) | Zumba (Endowment Center) | Zumba (Endowment Center) | Zumba (Endowment Center) | |
| 8:30 A.M. | Walking Club (Park Jone Box) (30 Min) | Dance (Edinburg Municipal Park) (30 Min) | Walking Club (Park Jone Box) (30 Min) | Dance (Edinburg Municipal Park) (30 Min) | Walking Club (Jones Box Park) (30 Min) | |
| 9:00 A.M. | Resistance Bands (Park Jone Box) (30 Min) | Resistance Bands (Edinburg Municipal Park) (30 Min) | Resistance Bands (Park Jone Box) (30 Min) | Resistance Bands (Edinburg Municipal Park) (30 Min) | Resistance Bands (Jones Box Park) (30 Min) | |

Location / Ubicación:

Endowment Center - 107 N Sunflower Rd, Edinburg, TX 78542

Jones Box Park - 805 W Rosa Ln. Pharr, TX 78577

Edinburg Municipal Park -714 Raul Longoria Rd. Edinburg TX

In-person class

Pct.4 Endowment Community
Resource Center-Dance Classes Group 

Erica de Parra
(956-483-0161)

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

HARLINGEN | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|----------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------|-----------|
| 8:30 A.M. | | Yoga (Harlingen Cultural Arts) | | | Yoga (Harlingen Cultural Arts) | |
| 9:00 A.M. | Strong Bodies (Harlingen Community Center) | TRX (Victor Park Pavillion) | Strong Bodies (Harlingen Community Center) | TRX (Victor Park Pavillion) | | |
| 10:00 A.M. | Zumba (Casa del Sol) | Zumba (Casa del Sol) | Zumba (Casa del Sol) | Zumba (Casa del Sol) | | |
| 11:00 A.M. | Chair Exercise (Harlingen Public Library Auditorium) | Chair Exercise (Amigos del Valle) | Chair Exercise (Harlingen Public Library Auditorium) | Chair Exercise (Amigos del Valle) | Chair Exercise (Harlingen Cultural Arts) | |
| 1:00 P.M. | | Pickleball (Harlingen Community Center) | Pickleball (Harlingen Community Center) | Pickleball (Harlingen Community Center) | | |
| 4:00 P.M. | Pilates Flow (Harlingen Community Center) | | Pilates Flow (Harlingen Community Center) | | | |
| 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) | | 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) | | |
| 6:15 P.M. | | Aquatic HIIT (Victor Park Pool) | | Aquatic HIIT (Victor Park Pool) | | |
| 6:30 P.M. | Pilates (Harlingen Cultural Arts) | | Pilates (Harlingen Cultural Arts) | | | |

Location / Ubicación:

Harlingen Cultural Arts Center - 576 76 Dr, Harlingen, TX 78550
Victor Park/Pavillion/Pool - 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

In-person class

Harlingen Parks
 and Recreation 

Christina Mendiola
956-216-5164
 or (956)367-3101

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

LA FERIA | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|-----------|-----------------------------------------------|-----------------------------------------------------|-----------------------------------------------|-----------------------------------------------------|-----------|-----------|
| 5:30 A.M. | HITT Workout (La Feria Recreation Center) | | HITT Workout (La Feria Recreation Center) | | | |
| 8:00 A.M. | Chair Yoga (La Feria Recreation Center) | Strong (La Feria Recreation Center) | Chair Yoga (La Feria Recreation Center) | Zumba (La Feria Recreation Center) | | |
| 9:00 A.M. | Yoga (La Feria Nature Park) | Low Impact Aerobics (La Feria Recreation Center) | Yoga (La Feria Nature Park) | Low Impact Aerobics (La Feria Recreation Center) | | |
| 6:00 P.M. | Step Aerobics (La Feria Recreation Center) | Zumba (La Feria Recreation Center) | Step Aerobics (La Feria Recreation Center) | Zumba (La Feria Recreation Center) | | |

Location / Ubicación:

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

La Feria Nature Park - 27332 Rabb Rd. La Feria, TX 78559

In-person class

City of La Feria
 Health & Wellness 
 groups
Evelia Duran
 956-454-2724

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

LOS FRESNOS | August | Agosto

| | 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. | Fitness Blender <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. | 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> | Water Aerobics <small>(Los Fresnos Memorial Park Pool)</small> | |
| 8:00 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> | Lap Swimming <small>(Los Fresnos Memorial Park Pool)</small> | |

Location / Ubicación:

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

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

Los Fresnos Nature Trail - 820 N Arroyo Blvd, Los Fresnos, TX 78566



In-person class

City of Los Fresnos
Community Health Outreach

caracaratrails

caracaratrails

Christine Martinez
956-312-1406

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

PORT ISABEL | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|----------------------------------|------------------------------------|----------------------------------|------------------------------------|------------------------|-----------|
| 8:30 A.M. | Zumba (Roloff Park) | Zumba (Roloff Park) | Zumba (Roloff Park) | Zumba (Roloff Park) | Zumba (Roloff Park) | |
| 9:30 A.M. | | Strength & Toning (Roloff Park) | | Strength & Toning (Roloff Park) | | |
| 10:00 A.M. | Meditation Yoga (Roloff Park) | | Meditation Yoga (Roloff Park) | | | |
| 5:30 P.M. | Zumba (Community Center) | Zumba (Community Center) | | Zumba (Community Center) | | |

Location / Ubicación:

Roloff Park - 122 Fernandez St, Laguna Vista, TX 78578

Port Isabel Community Center - 213 N Yturria St, Port Isabel, TX 78578

In-person class

Port Isabel Tssc 
 Cecilia Zamora
 (956)266-2231
 or (956)943-2682

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



PRIMERA | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------|-----------|
| 10:00 A.M. | Circuit Cardio Training <small>(Primera Park Pavilion)</small> | Strength & Conditioning <small>(Primera Park Pavilion)</small> | Circuit Cardio Training <small>(Primera Park Pavilion)</small> | Strength & Conditioning <small>(Primera Park Pavilion)</small> | Stretch & Tone <small>(Primera Park Pavilion)</small> | |

Location / Ubicación:

Primera Park Pavilion - 16603 Community Drive, Harlingen TX 78552

In-person class

Rio Hondo Tu Salud Si Cuenta 

caracaratrails 

caracaratrails 

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

RIO HONDO | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|-----------|----------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------------------------------------------------------|
| 6:00 P.M. | CLASSES FIRST AND LAST SATURDAY OF THE MONTH | | | | | *Kayak Excursion* <small>(Rio Hondo Boat Ramp Park) (2 hour duration)</small> |
| 8:30 P.M. | | | | | | *Stargazing* <small>(Rio Hondo Boat Ramp Park)</small> |

***CLASSES HAPPENING EVERY FIRST AND LAST SATURDAY OF THE MONTH**

***Sunset Birding Kayak Excursion** - Reservation required, send us a Facebook message for more details.

Location / Ubicación:

Rio Hondo Boat Ramp Park - 21874 Harris Rd, Harlingen, TX 78550



Rio Hondo Tu Salud Si Cuenta 
 caracaratrails 
 caracaratrails 

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

SAN BENITO | August | Agosto

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|-----------|-------------------------------------------------------|---------------------------------------------------|--------------------------------------------------------|---------------------------------------------------|--------------------------------------------------------|-----------|
| 8:00 A.M. | | Pilates (Heavin Resaca Building) | Cardio & Toning (Heavin Resaca Building) | Pilates (Heavin Resaca Building) | Cardio & Toning (Heavin Resaca Building) | |
| 9:00 A.M. | Stretch & Tone (Heavin Resaca Building) | | | Yoga (Heavin Resaca Building) | Stretch & Tone (Heavin Resaca Building) | |
| 5:30 P.M. | Zumba (Community Building) | Full Body Work Out (Community Building) | Zumba (Community Building) | Full Body Work Out (Community Building) | | |
| 6:30 P.M. | Yoga (Heavin Resaca Building) | | Yoga (Heavin Resaca Building) | | | |
| 6:45 P.M. | | Walking Club (Heavin Resaca Trail) | | Walking Club (Heavin Resaca Trail) | | |

Location / Ubicación:

Heavin Resaca Building/Trail - 355 w bus hwy 77, San Benito, TX 78586
(Building Next to Heavin Resaca Trail)

Community Building - 210 E Heywood St, San Benito, TX 78586

In-person class

San Benito Parks and Recreation 

Letty Gomez
(956)361-3804 ext.305
or (956)357-4564