

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 

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