

# 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.	<b>HITT Workout</b> (La Feria Recreation Center)		<b>HITT Workout</b> (La Feria Recreation Center)			
8:00 A.M.	<b>Chair Yoga</b> (La Feria Recreation Center)	<b>Strong</b> (La Feria Recreation Center)	<b>Chair Yoga</b> (La Feria Recreation Center)	<b>Zumba</b> (La Feria Recreation Center)		
9:00 A.M.	<b>Yoga</b> (La Feria Nature Park)	<b>Low Impact Aerobics</b> (La Feria Recreation Center)	<b>Yoga</b> (La Feria Nature Park)	<b>Low Impact Aerobics</b> (La Feria Recreation Center)		
6:00 P.M.	<b>Step Aerobics</b> (La Feria Recreation Center)	<b>Zumba</b> (La Feria Recreation Center)	<b>Step Aerobics</b> (La Feria Recreation Center)	<b>Zumba</b> (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