

# 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 (Los Fresnos Memorial Park Pool)	Lap Swimming (Los Fresnos Memorial Park Pool)	Lap Swimming (Los Fresnos Memorial Park Pool)	Lap Swimming (Los Fresnos Memorial Park Pool)	
7:00 A.M.		Water Aerobics (Los Fresnos Memorial Park Pool)	Water Aerobics (Los Fresnos Memorial Park Pool)	Water Aerobics (Los Fresnos Memorial Park Pool)	Water Aerobics (Los Fresnos Memorial Park Pool)	
8:00 A.M.	Zumba (Community Park)	Zumba (Community Park)	Zumba (Community Park)	Zumba (Community Park)		Lap Swimming (Los Fresnos Memorial Park Pool) (2 hours)
8:00 A.M.	Walk-2-Fitness (Los Fresnos Memorial Park)		Walk-2-Fitness (Los Fresnos Memorial Park)		Walk-2-Fitness (Los Fresnos Memorial Park)	CARACARA Yoga (Los Fresnos Nature Trail)
9:00 A.M.	Fitness Blender (Los Fresnos Memorial Park)	Body Sculpting (Los Fresnos Memorial Park)	Zumba (Los Fresnos Memorial Park)	Body Sculpting (Los Fresnos Memorial Park)	Zumba (Los Fresnos Memorial Park)	
10:00 A.M.						Boot Camp (Los Fresnos Memorial Park)
5:30 P.M.				Boot Camp (Los Fresnos Memorial Park)		
6:00 P.M.	Zumba (Los Fresnos Memorial Park)	Zumba (Los Fresnos Memorial Park)	Zumba (Los Fresnos Memorial Park)			
6:30 P.M.				Dance 2 Fitness (Los Fresnos Memorial Park)		
7:00 P.M.		Boot Camp (Los Fresnos Memorial Park)				
7:00 P.M.		Water Aerobics (Los Fresnos Memorial Park Pool)	Water Aerobics (Los Fresnos Memorial Park Pool)	Water Aerobics (Los Fresnos Memorial Park Pool)	Water Aerobics (Los Fresnos Memorial Park Pool)	
8:00 P.M.		Lap Swimming (Los Fresnos Memorial Park Pool)	Lap Swimming (Los Fresnos Memorial Park Pool)	Lap Swimming (Los Fresnos Memorial Park Pool)	Lap Swimming (Los Fresnos Memorial Park Pool)	

**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

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