

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

HARLINGEN | September | Septiembre

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:30 A.M.		Yoga (Harlingen Cultural Arts)		Yoga (Harlingen Cultural Arts)		
8:30 A.M.		TRX (Victor Park Pavillion)		TRX (Victor Park Pavillion)		
10:00 A.M.	Zumba (Casa del Sol)	Zumba (Casa del Sol)	Zumba (Casa del Sol)	Zumba (Casa del Sol)		Aquatic HIIT (Victor Park Pool) <small>Starts 09/17/22</small>
11:00 A.M.	Chair Exercise (Harlingen Public Library Auditorium)	Chair Exercise (Amigos del Valle)	Chair Exercise (Harlingen Public Library Auditorium)	Chair Exercise (Harlingen Cultural Arts)	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.	Stretch & Tone (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 (Pendleton Park Pavillion)			
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.			TRX Training (Victor Park)			
6:30 P.M.	Pilates (Harlingen Community Center)		Pilates (Harlingen Community Center)			

Location / Ubicación:

- Amigos Del Valle #3** - 402 E New Hampshire St, Harlingen, TX 78550
- Casa del sol** - 221 E Madison Ave, Harlingen, TX 78550
- Harlingen Community Center** - 201 E Madison Ave, Harlingen, TX 78552
- Harlingen Cultural Arts Center** - 576 76 Dr, Harlingen, TX 78550
- Harlingen Public Library Auditorium** - 410 76 Dr, Harlingen, TX 78550
- Pendleton Park Pavillion** - 1427 Morgan Blvd, Harlingen, TX 78550
- Victor Park Pavillion/Pool** - 1601 S M St, Harlingen, TX 78550

In-person class

Harlingen Parks and Recreation 
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