

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

HIDALGO PCT 4 | September | Septiembre

| | 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) | |
| 9:00 A.M. | Resistance Bands (ARISE #2) | | Resistance Bands (ARISE Muniz) | | | |
| 9:30 A.M. | Dance (ARISE #2) | | Dance (ARISE Muniz) | | | |
| 11:00 A.M. | Resistance Bands (ARISE Las Milpas) | | Resistance Bands (ARISE Las Milpas) | | Resistance Bands (ARISE Las Milpas) | |
| 11:30 A.M. | Dance (ARISE Las Milpas) | | Dance (ARISE Las Milpas) | | Dance (ARISE Las Milpas) | |

Location / Ubicación:

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

Arise Muniz - 3917 Jam Square, Edinburg, TX 78542

Arise Las Milpas - 125 E Denny Dr, Pharr, TX 78577

In-person class

Pct.4 Endowment Community
Resource Center-Dance Classes Group 

Erica de Parra
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