

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

LOS FRESNOS | September | Septiembre

	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)	Yoga (Los Fresnos Nature Trail)
9:00 A.M.	Cardio Kickboxing (Los Fresnos Memorial Park)	Body Sculpting (Los Fresnos Memorial Park)	Zumba (Los Fresnos Memorial Park)	Boot Camp (Los Fresnos Memorial Park)	Zumba (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.		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 

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