

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

BROWNSVILLE | September | Septiembre

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
7:00 A.M.			Yoga (La Mancha Urban Farm)			Boot Camp (Montebella Park Fitness Court)
8:00 A.M.			Low Impact Chair Exercise (Gonzalez Park)			Yoga (Linear Park)
8:45 A.M.	Zumba (Pedro Pete Benavides Park Browne)	Zumba (Pedro Pete Benavides Park Browne)	Zumba (Pedro Pete Benavides Park Browne)		Zumba (Pedro Pete Benavides Park Browne)	
8:45 A.M.	Zumba (Dean Porter Park)	Zumba (Dean Porter Park)	Zumba (Dean Porter Park)	Zumba (Dean Porter Park)	Zumba (Dean Porter Park)	
9:00 A.M.	Boot Camp (Oliveira Park)	Boot Camp (Oliveira Park)	Boot Camp (Oliveira Park)	Boot Camp (Oliveira Park)	Boot Camp (Oliveira Park)	
12:00 P.M.	Zumba Toning (BISD GYM)		Zumba Toning (BISD GYM)			
6:00 P.M.		Kayak Excursion Dean Porter Park (2 hour duration)				
6:30 P.M.	Strength Training & Conditioning (Riverside Park)		Strength Training & Conditioning (Riverside Park)		Strength Training & Conditioning (Riverside Park)	
6:30 P.M.	Yoga (Linear Park)		Yoga (Linear Park)	Yoga (La Posada Urban Farm)		
8:30 P.M.				Stargazing (La Posada Moctezuma Cypress Preserve)		

LOCATION / UBICACIÓN:

- BISD Gym** - 708 Palm Blvd, Brownsville, TX 78521
- Dean Porter Park** - 501 E Ringgold St, Brownsville, TX 78520
- Gonzalez Park** - 34 Tony Gonzalez Drive, Brownsville, TX 78521
- La Mancha Urban Farm** - 146 La Mancha St. Brownsville TX 78521
- La Posada Urban Farm / La Posada Moctezuma Cypress Preserve** - 1325 La Posada Drive. Brownsville TX 78521
- Linear Park** - 1534 E 6th St, Brownsville, TX 78520
- Montebella Park** - 2485 W Alton Gloor Blvd, Brownsville, TX 78520
- Oliveira Park Gym** - 104 El Paso Rd, Brownsville, TX 78520
- Pedro Pete Benavides Park** - 9901 California Rd, Brownsville, TX 78521
- Riverside Park** - 15 Riverside Blvd, Brownsville, TX 78520



In-person class



Mirna
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