

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

LA FERIA | September | Septiembre

	MON LUN	TUE MAR	WED MIÉ	THU JUE	FRI VIE	SAT SÁB
8:00 A.M.	Chair Yoga (La Feria Recreation Center)	Strong (La Feria Recreation Center)	Chair Yoga (La Feria Recreation Center)	Zumba (La Feria Recreation Center)		
9:00 A.M.	Yoga (La Feria Nature Park)	Low Impact Aerobics (La Feria Recreation Center)	Yoga (La Feria Nature Park)	Low Impact Aerobics (La Feria Recreation Center)		
6:00 P.M.	Zumba (La Feria Recreation Center)	Zumba (La Feria Recreation Center)	Step Aerobics (La Feria Recreation Center)	Zumba (La Feria Recreation Center)		

Location / Ubicación:

La Feria Recreation Center - 901 Pancho Maples Dr. La Feria, TX 78559

La Feria Nature Park - 27332 Rabb Rd. La Feria, TX 78559

In-person class

City of La Feria
 Health & Wellness 

GROUPS
Evelia Duran
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