

# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS

### HARLINGEN | November | Noviembre

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
8:30 A.M.		<b>Yoga</b> (Harlingen Cultural Arts)		<b>Yoga</b> (Harlingen Cultural Arts)		
8:30 A.M.		<b>TRX</b> (Victor Park Pavillion)		<b>TRX</b> (Victor Park Pavillion)		
9:00 A.M.		<b>Spin Class</b> (Harlingen Community Center)		<b>Spin Class</b> (Harlingen Community Center)		
10:00 A.M.	<b>Zumba</b> (Harlingen Cultural Arts Center)	<b>Zumba</b> (Harlingen Cultural Arts Center)	<b>Zumba</b> (Harlingen Cultural Arts Center)	<b>Zumba</b> (Harlingen Cultural Arts Center)		<b>Aquatic HIIT</b> (Pedleton Park)
11:00 A.M.	<b>Chair Exercise</b> (Harlingen Public Library Auditorium)	<b>Chair Exercise</b> (Amigos del Valle)	<b>Chair Exercise</b> (Harlingen Public Library Auditorium)	<b>Chair Exercise</b> (Harlingen Cultural Arts)	<b>Chair Exercise</b> (Harlingen Cultural Arts)	
1:00 P.M.		<b>Pickleball</b> (Harlingen Community Center)	<b>Pickleball</b> (Harlingen Community Center)	<b>Pickleball</b> (Harlingen Community Center)		
4:00 P.M.	<b>Stretch &amp; Tone</b> (Harlingen Community Center)		<b>Rings Pilates</b> (Harlingen Community Center)			
5:00 P.M.	<b>Pickleball</b> (Harlingen Community Center)					
5:30 P.M.		<b>Spin Class</b> (Harlingen Community Center)		<b>Spin Class</b> (Harlingen Community Center)		
6:00 P.M.			<b>Nutrition &amp; Fitness</b> (Pendleton Park Pavillion)			
6:00 P.M.	<b>Table Tennis</b> (Harlingen Community Center)		<b>Table Tennis</b> (Harlingen Community Center)		<b>Pickleball Skills &amp; Drills</b> (Harlingen Community Center)	
6:00 P.M.	<b>Zumba</b> (Casa del Sol)	<b>Zumba</b> (Casa del Sol)	<b>Zumba</b> (Casa del Sol)	<b>Zumba</b> (Casa del Sol)		
6:15 P.M.			<b>TRX Training</b> (Victor Park)			
6:30 P.M.	<b>Pilates</b> (Harlingen Community Center)		<b>Pilates</b> (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** - 1601 S M St, Harlingen, TX 78550

**In-person class**

**Harlingen Parks and Recreation** 
  
**Christina Mendiola**
  
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 or (956)367-3101