

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

HIDALGO PCT 1 | November | Noviembre

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|---|---|---|---|--|-----------|
| 8:30 A.M. | Zumba "Las Divinas" (Pablo Peña Park) | Zumba "Las Divinas" (Pablo Peña Park) | Zumba "Las Divinas" (Pablo Peña Park) | Zumba "Las Divinas" (Pablo Peña Park) | Zumba "Las Divinas" (Pablo Peña Park) | |
| 10:00 A.M. | | Chair Exercise (A.D.C. Amigos Del Valle 5 Weslaco) | | Chair Exercise (A.D.C. Amigos Del Valle 5 Weslaco) | Nutrition Modules (Dr. Bose Community Center) | |
| 10:30 A.M. | Yoga (Progreso Community Center) | Resistance Bands (Progreso Community Center) | Yoga (Progreso Community Center) | Resistance Bands (Progreso Community Center) | | |
| 11:00 A.M. | Resistance Bands (Progreso Community Center) | | Resistance Bands (Pablo Peña Park) | | | |

Location / Ubicación:

Pablo Peña Park - 300 N Airport Dr, Weslaco, TX 78596

Progreso Community Center - 510 FM 1015, Weslaco, TX 78596

Casa De Amigos No 5 - 2101 W 6th St, Weslaco, TX 78596

In-person class

Tu Salud ¡Si Cuenta! Hidalgo
County PCT1 Weslaco, TX



Maricela Gonzalez
 (956) 563-6136
 or (956) 483-0131