

# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS

### LA FERIA | November | Noviembre

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
8:00 A.M.	<b>Chair Yoga</b> (La Feria Recreation Center)	<b>HIIT</b> (La Feria Recreation Center) 30 min	<b>Chair Yoga</b> (La Feria Recreation Center)	<b>Zumba</b> (La Feria Recreation Center)		
9:00 A.M.	<b>Yoga</b> (La Feria Rec Multi Purpose Room)		<b>Yoga</b> (La Feria Rec Multi Purpose Room)			
9:00 A.M.	<b>Low Impact Aerobics</b> (La Feria Recreation Center Auditorium) 45min	<b>Low Impact Aerobics</b> (La Feria Recreation Center Auditorium) 45min	<b>Low Impact Aerobics</b> (La Feria Recreation Center Auditorium) 45min	<b>Low Impact Aerobics</b> (La Feria Recreation Center Auditorium) 45min		
6:00 P.M.	<b>Zumba</b> (La Feria Recreation Center)	<b>Zumba</b> (La Feria Recreation Center)	<b>Step Aerobics</b> (La Feria Recreation Center)			

**Location / Ubicación:**

La Feria Recreation Center/Auditorium/Multi Purpose Room - 901 Pancho Maples Dr. La Feria, TX 78559

**In-person class**

City of La Feria  
 Health & Wellness 
  
 Evelia Duran
   
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