

FREE EXERCISE CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|-----------|----------|--------|----------|
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Tu Salud ¡ Sí Cuenta!
Your Health Matters!

CLASES DE EJERCICIOS GRATIS

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

BROWNSVILLE | November | Noviembre

| | 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 Gym) | | | Yoga (Linear Park) |
| 8:30 A.M. | Fitness Blender (Pedro Pete Benavides Park Browne) | Yoga (Pedro Pete Benavides Park Browne) | Fitness Blender (Pedro Pete Benavides Park Browne) | Yoga (Pedro Pete Benavides Park Browne) | Fitness Blender (Pedro Pete Benavides Park Browne) | |
| 8:30 A.M. | Cardio Fitness (Gonzalez Park) | | | | Cardio Fitness (Gonzalez Park) <i>Begins October 17th</i> | |
| 8:45 A.M. | Cardio Exercise (Dean Porter Park) | Cardio Exercise (Dean Porter Park) | Cardio Exercise (Dean Porter Park) | Cardio Exercise (Dean Porter Park) | Cardio Exercise (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. | Yoga (Linear Park) | Strength Training & Conditioning (Riverside Park) | Yoga (Linear Park) | Strength Training & Conditioning (Riverside Park) | | |
| 6:30 P.M. | | | | Yoga (La Posada Urban Farm) | | |

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
(956) 243-6431

City of Brownsville Public
Health Department
(956) 542-3437

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

COMBES | November | Noviembre

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|--|--|--|---|-----------|---|
| 9:15 A.M. | | Walk/Run Club (Combes Trail Park) 30 Min | | Walk/Run Club (Combes Trail Park) 30 Min | | |
| 10:00 A.M. | Sculp & Tone (Combes Community Center) 30 Min | Zumba Gold (Combes Community Center) 30 Min | Sculp & Tone (Combes Community Center) 30 Min | Zumba Gold (Combes Community Center) | | Boot Camp (Combes Community Center) |
| 5:15 P.M. | Pilates (Combes Community Center) 45 min | | Pilates (Combes Community Center) 45 min | | | |
| 6:00 P.M. | Zumba (Combes Community Center) | Zumba (Combes Community Center) | Zumba (Combes Community Center) | Zumba (Combes Community Center) | | |
| 6:00 P.M. | | HIIT (Combes Community Center) | | | | |
| 7:00 P.M. | Dance Step (Combes Community Center) | | | Dance Step (Combes Community Center) | | |

Location / Ubicación:

Combes Community Center - 21660 Hand Rd, Combes, TX 78535

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

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

HIDALGO PCT 4 | November | Noviembre

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|--|-----------------------------|--|-----------------------------|-----------------------------|-----------|
| 8:30 A.M. | Zumba (Endowment Center) | Zumba (Endowment Center) | Zumba (Endowment Center) | Zumba (Endowment Center) | Zumba (Endowment Center) | |
| 9:00 A.M. | Resistance Bands (ARISE #2) | | Resistance Bands (ARISE Muniz) | | | |
| 9:30 A.M. | Dance (ARISE #2) | | Dance (ARISE Muniz) | | | |
| 11:00 A.M. | Resistance Bands (ARISE Las Milpas) | | Resistance Bands (ARISE Las Milpas) | | | |
| 11:30 A.M. | Dance (ARISE Las Milpas) | | Dance (ARISE Las Milpas) | | | |

Location / Ubicación:

Endowment Center - 107 N Sunflower Rd, Edinburg, TX 78542

Arise Muniz - 3917 Jam Square, Edinburg, TX 78542

Arise Las Milpas - 125 E Denny Dr, Pharr, TX 78577

Arise #2 - 2230 Eva Ave Edinburg Tx 78542

In-person class

Pct.4 Endowment Community
Resource Center-Dance Classes Group 

Erica de Parra
(956)483-0161

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. | | Yoga (Harlingen Cultural Arts) | | Yoga (Harlingen Cultural Arts) | | |
| 8:30 A.M. | | TRX (Victor Park Pavillion) | | TRX (Victor Park Pavillion) | | |
| 9:00 A.M. | | Spin Class (Harlingen Community Center) | | Spin Class (Harlingen Community Center) | | |
| 10:00 A.M. | Zumba (Harlingen Cultural Arts Center) | Zumba (Harlingen Cultural Arts Center) | Zumba (Harlingen Cultural Arts Center) | Zumba (Harlingen Cultural Arts Center) | | Aquatic HIIT (Pedleton Park) |
| 11:00 A.M. | Chair Exercise (Harlingen Public Library Auditorium) | Chair Exercise (Amigos del Valle) | Chair Exercise (Harlingen Public Library Auditorium) | Chair Exercise (Harlingen Cultural Arts) | Chair Exercise (Harlingen Cultural Arts) | |
| 1:00 P.M. | | Pickleball (Harlingen Community Center) | Pickleball (Harlingen Community Center) | Pickleball (Harlingen Community Center) | | |
| 4:00 P.M. | Stretch & Tone (Harlingen Community Center) | | Rings Pilates (Harlingen Community Center) | | | |
| 5:00 P.M. | Pickleball (Harlingen Community Center) | | | | | |
| 5:30 P.M. | | Spin Class (Harlingen Community Center) | | Spin Class (Harlingen Community Center) | | |
| 6:00 P.M. | | | Nutrition & Fitness (Pendleton Park Pavillion) | | | |
| 6:00 P.M. | Table Tennis (Harlingen Community Center) | | Table Tennis (Harlingen Community Center) | | Pickleball Skills & Drills (Harlingen Community Center) | |
| 6:00 P.M. | Zumba (Casa del Sol) | Zumba (Casa del Sol) | Zumba (Casa del Sol) | Zumba (Casa del Sol) | | |
| 6:15 P.M. | | | TRX Training (Victor Park) | | | |
| 6:30 P.M. | Pilates (Harlingen Community Center) | | Pilates (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
956-216-5164
or (956)367-3101

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. | Chair Yoga (La Feria Recreation Center) | HIIT (La Feria Recreation Center) 30 min | Chair Yoga (La Feria Recreation Center) | Zumba (La Feria Recreation Center) | | |
| 9:00 A.M. | Yoga (La Feria Rec Multi Purpose Room) | | Yoga (La Feria Rec Multi Purpose Room) | | | |
| 9:00 A.M. | Low Impact Aerobics (La Feria Recreation Center Auditorium) 45min | Low Impact Aerobics (La Feria Recreation Center Auditorium) 45min | Low Impact Aerobics (La Feria Recreation Center Auditorium) 45min | Low Impact Aerobics (La Feria Recreation Center Auditorium) 45min | | |
| 6:00 P.M. | Zumba (La Feria Recreation Center) | Zumba (La Feria Recreation Center) | Step Aerobics (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

 956-454-2724

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

LOS FRESNOS | November | Noviembre

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|---|---|---|--|---|------------------------------------|
| 8:00 A.M. | Zumba (Community Park) | Zumba (Community Park) | Zumba (Community Park) | Zumba (Community Park) | | |
| 8:00 A.M. | Walk-2-Fitness (Los Fresnos Memorial Park) | | Walk-2-Fitness (Los Fresnos Memorial Park) | | Walk-2-Fitness (Los Fresnos Memorial Park) | Yoga (Los Fresnos Nature Trail) |
| 10:00 A.M. | Zumba (Los Fresnos Memorial Park) | Body Sculpting (Los Fresnos Memorial Park) | Zumba (Los Fresnos Memorial Park) | Body Sculpting (Los Fresnos Memorial Park) | Zumba (Los Fresnos Memorial Park) | |
| 6:15 P.M. | Zumba (Los Fresnos Memorial Park) | Zumba (Los Fresnos Memorial Park) | Zumba (Los Fresnos Memorial Park) | Dance 2 Fitness (Los Fresnos Memorial Park) | | |

Location / Ubicación:

Los Fresnos Memorial Park/Pool - 900 N Arroyo Blvd, Los Fresnos, TX 78566

Community Park - 402 W Ocean Blvd, Los Fresnos, TX 78566

Los Fresnos Nature Trail - 820 N Arroyo Blvd, Los Fresnos, TX 78566



In-person class

City of Los Fresnos
Community Health Outreach

caracaratrails

caracaratrails

Christine Martinez
956-312-1406

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

PORT ISABEL | November | Noviembre

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|-----------|--|--|--|--|------------------------|-----------|
| 8:30 A.M. | Zumba (Roloff Park) | Zumba Toning (Roloff Park) | Zumba (Roloff Park) | Zumba Toning (Roloff Park) | Zumba (Roloff Park) | |
| 9:30 A.M. | Meditation Yoga (Laguna Madre Youth Center) | Strength & Toning (Laguna Madre Youth Center) | Meditation Yoga (Laguna Madre Youth Center) | Strength & Toning (Laguna Madre Youth Center) | | |
| 5:00 P.M. | Strength & Toning (City Commision Chamber Meeting Room) | | Strength & Toning (City Commision Chamber Meeting Room) | Strength & Toning (City Commision Chamber Meeting Room) | | |

Location / Ubicación:

Roloff Park - 122 Fernandez St, Laguna Vista, TX 78578

Port Isabel Community Center - 213 N Yturria St, Port Isabel, TX 78578

Port Isabel City Hall - 305 E Maxan St, Port Isabel, TX 78578

In-person class

Port Isabel Tssc 

Cecilia Zamora
 (956)266-2231
 or (956)943-2682

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

PRIMERA | November | Noviembre

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|------------|---|--|---|--|--------------------------------------|-----------|
| 10:00 A.M. | Circuit Cardio Training (Primera Community Center) | Resistance Bands, Strength & Conditioning (Primera Community Center) | Circuit Cardio Training (Primera Community Center) | Resistance Bands, Strength & Conditioning (Primera Community Center) | Fusion Workout (Community Center) | |
| 6:30 P.M. | Circuit Cardio Training (Primera Community Center) | | | Functional Training (Primera Community Center) | | |

Location / Ubicación:

Primera Park Pavilion - 22893 Stuart Place Rd Primera, TX 78552



In-person class

Rio Hondo Tu Salud Si Cuenta 

caracaratrails 

caracaratrails 

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS



RIO HONDO | November | Noviembre

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|-----------|-----------|--|-----------|---|-----------|-----------|
| 6:00 P.M. | | HIIT <small>(Rio Hondo Civic Center)</small> | | Boot Camp <small>(Rio Hondo Civic Center)</small> | | |

Location / Ubicación:

Rio Hondo Civic Center - 121 N. Arroyo blvd. Rio Hondo TX 78583

In-person class

Rio Hondo Tu 
 Salud Si Cuenta 
 caracaratrails 
 caracaratrails 

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

SAN BENITO | November | Noviembre

| | MON LUN | TUE MAR | WED MIÉ | THU JUE | FRI VIE | SAT SÁB |
|-----------|---|--|--|--|--|-----------|
| 8:00 A.M. | | Pilates (Heavin Resaca Building) | Zumba & Toning (Heavin Resaca Building) | Pilates (Heavin Resaca Building) | Cardio & Toning (Heavin Resaca Building) | |
| 8:30 A.M. | | Body Fitness (Iglesia San Ignacio de Loyola) | Body Fitness (Iglesia San Ignacio de Loyola) | Body Fitness (Iglesia San Ignacio de Loyola) | | |
| 9:00 A.M. | Stretch & Tone (Heavin Resaca Building) | | | | Stretch & Tone (Heavin Resaca Building) | |
| 5:30 P.M. | Zumba (Community Building) | Full Body Work Out (Community Building) | Zumba (Community Building) | Full Body Work Out (Community Building) | | |
| 6:30 P.M. | Yoga (Community Building) | | Yoga (Community Building) | | | |
| 6:45 P.M. | | Walking Club (Heavin Resaca Trail) | | Walking Club (Heavin Resaca Trail) | | |

Location / Ubicación:

Community Building - 210 E Heywood St, San Benito, TX 78586
Heavin Resaca Building/Trail - 355 w bus hwy 77, San Benito, TX 78586
(Building Next to Heavin Resaca Trail)
Iglesia San Ignacio de Loyola - 24380 US-281, San Benito, TX 78586

In-person class

San Benito Parks and Recreation 

Letty Gomez
 (956)361-3804 ext.305
 or (956)357-4564