

# 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**  
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