

FREE EXERCISE SCHEDULE

CLASES DE EJERCICIOS GRATIS

HARLINGEN | January | Enero

	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 Community Center	Zumba Harlingen Community Center	Zumba Harlingen Community Center		
10:15 A.M.						Aquatic HIIT Pendleton Park
11:00 A.M.	Chair Exercise Harlingen Public Library Auditorium	Chair Exercise Harlingen Community Center	Chair Exercise Harlingen Public Library Auditorium	Chair Exercise Harlingen Community Center	Chair Exercise Harlingen Community Center	
1:00 P.M.		Pickleball Harlingen Community Center		Pickleball Skills & Drills 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.	Pickleball Harlingen Community Center		Pickleball Harlingen Community Center			
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 
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