

# FREE EXERCISE SCHEDULE

## CLASES DE EJERCICIOS GRATIS

### LA FERIA | January | Enero

	MON   LUN	TUE   MAR	WED   MIÉ	THU   JUE	FRI   VIE	SAT   SÁB
5:30 A.M.	<b>Strength &amp; Conditioning</b> La Feria Recreation Center Outside Court		<b>Strength &amp; Conditioning</b> La Feria Recreation Center Outside Court			
8:00 A.M.	<b>Chair Yoga</b> La Feria Recreation Center Gym	<b>Strength &amp; Tone</b> La Feria Recreation Center Gym 30 min	<b>Chair Yoga</b> La Feria Recreation Center Gym	<b>Zumba</b> La Feria Recreation Center		
9:00 A.M.	<b>Yoga</b> La Feria Rec Center Multi-Purpose Room		<b>Yoga</b> La Feria Rec Center Multi-Purpose Room			
9:00 A.M.	<b>Aerobics</b> La Feria Recreation Center Gym 45mins	<b>Aerobics</b> La Feria Recreation Center Gym 45mins	<b>Aerobics</b> La Feria Recreation Center Gym 45mins	<b>Aerobics</b> La Feria Recreation Center Gym 45mins		
4:30 P.M.			<b>Wellness Wednesday</b> La Feria Recreation Center Gym			
5:30 P.M.				<b>Men's Open Court</b> La Feria Recreation Center Gym 90 Min		
6:00 P.M.	<b>Zumba</b> La Feria Recreation Center Gym	<b>Zumba</b> La Feria Recreation Center Gym	<b>Step Aerobics</b> La Feria Recreation Center Gym			

**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
   

  
 groups
   
**Evelia Duran**
  
 956-454-2724